

Body-Solid®

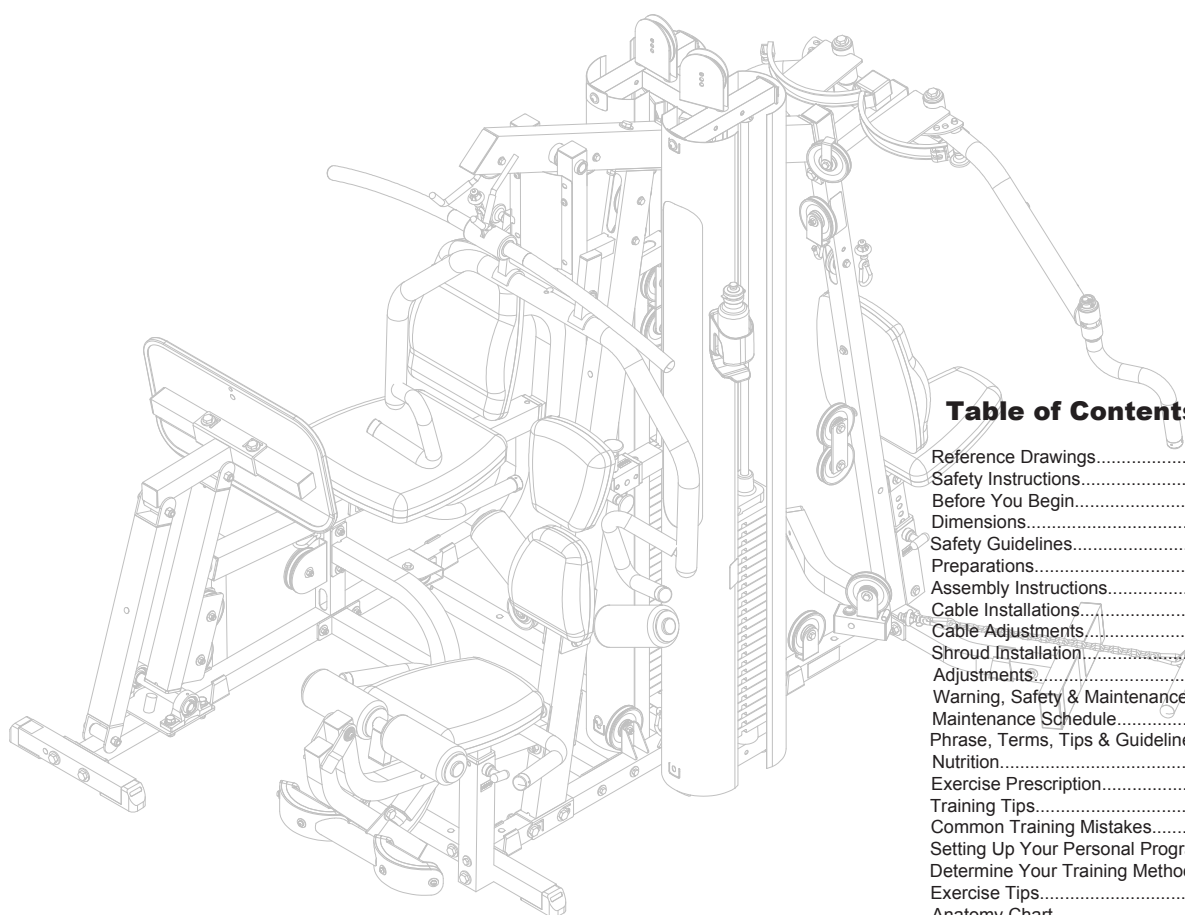


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Total Body Workout DVD

Follow the lead of international fitness presenter Geoff Bagshaw as he guides you step by step through a total health and conditioning program. Includes thorough explanations and demonstrations of over 50 exercises targeting all major muscle groups. The Body-Solid Total Body Workout is a “must have” for anyone truly serious about in-home training.



Also includes:

- Complete stretching routine
- Importance of cardio training
- Body-Solid company profile

Body-Solid

Total Body Workout DVD

Standard/Metric Cross-Reference Table

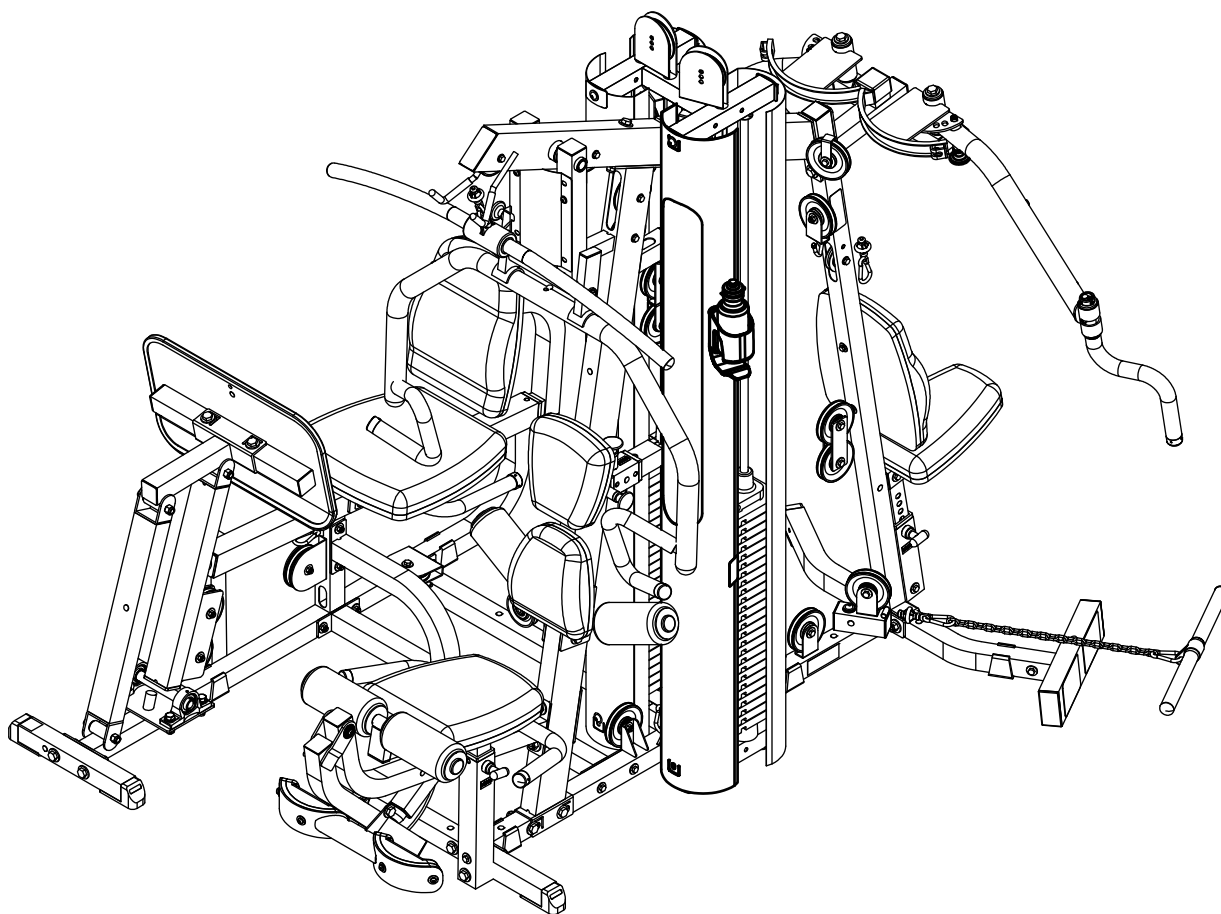
The product hardware has been modified from Standard to Metric. When installing your machine, please use the table below to cross-reference between Standard and Metric hardware.

Standard (Inch)	Metric (mm)
1/16	2
1/8	3
3/16	5
1/4	6
5/16	8
3/8	10
7/16	11
1/2	12
9/16	14
5/8	16
11/16	18
3/4	19
13/16	20
7/8	22
15/16	24
1	25
1 1/4	31
1 1/2	37
1 3/4	44
2	50
2 1/4	56
2 1/2	62
2 3/4	69
3	75
3 1/4	81
3 1/2	87
3 3/4	94
4	100
5 1/4	106
5 1/2	112
5 3/4	119
5	125

Body-Solid
Addendum

G 9 U

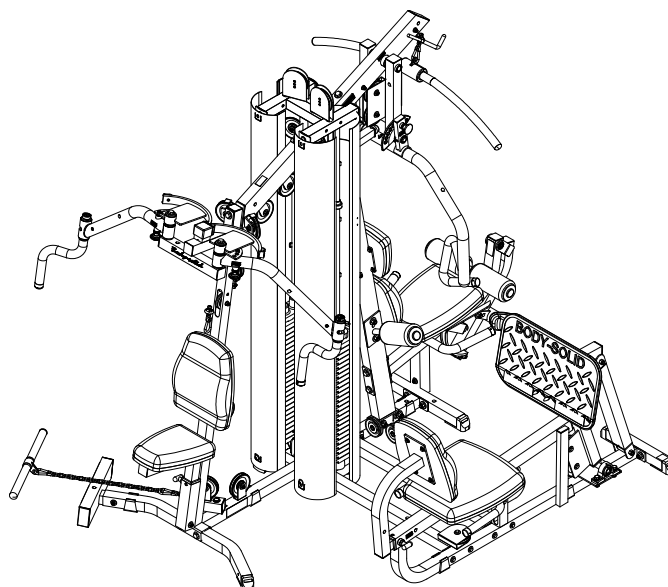
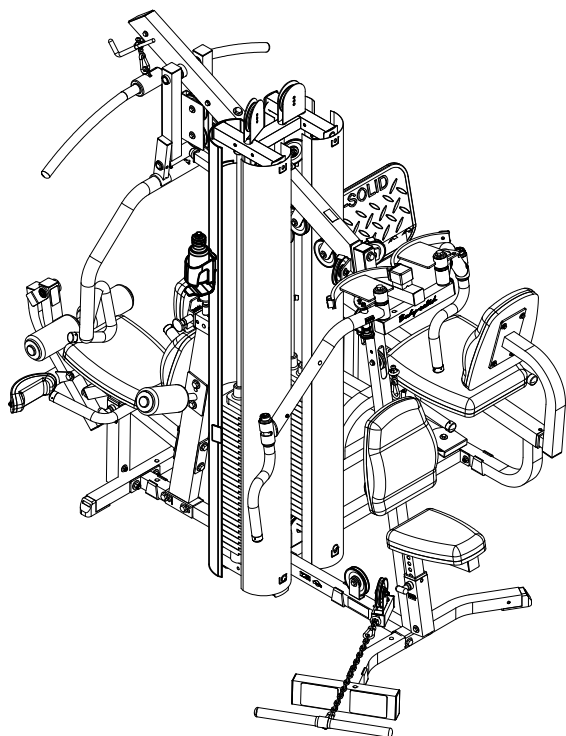
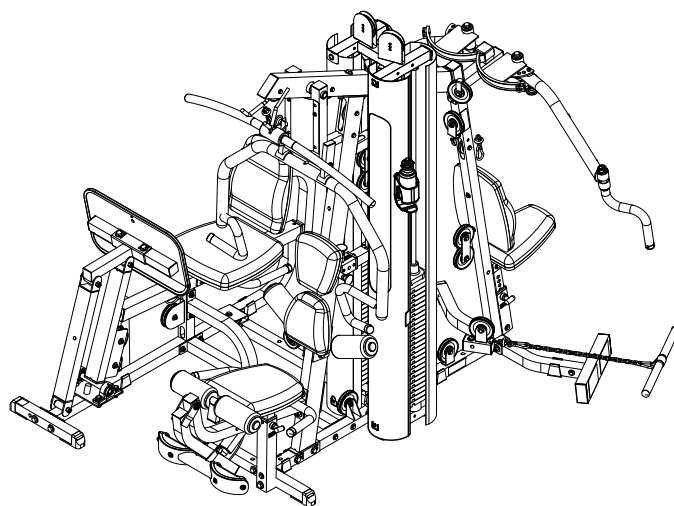
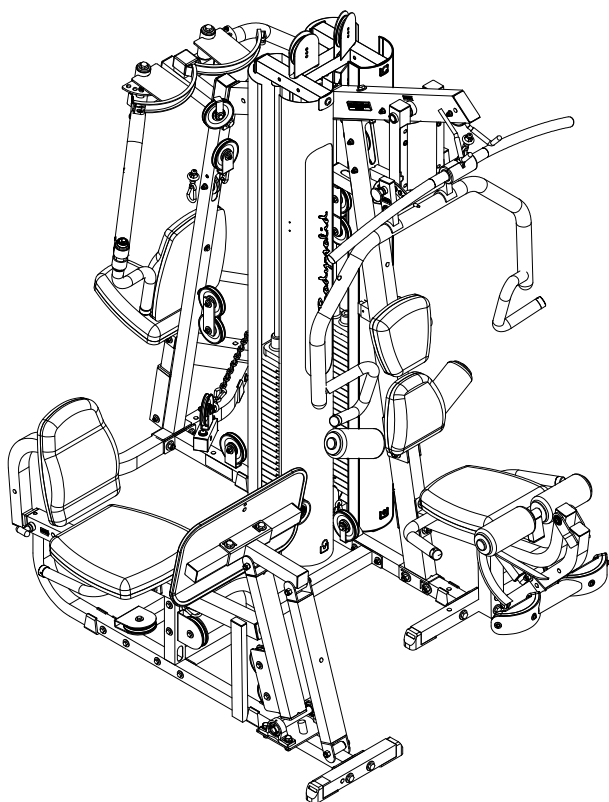
Reference Drawings



Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given.

G9U Reference Drawings



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Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given.

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.
Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the G9U. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout—no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

- It is strongly recommended that a qualified dealer assemble the equipment. **Assistance is required.**
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the G9U on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The G9U is designed for your enjoyment.

By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Body-Solid G9U.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Body-Solid website at www.bodysolid.com or contact an authorized Body-Solid dealer or a Body-Solid factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3598
E-mail: service@bodysolid.com

Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Retain this Owner's Manual for future reference. Part numbers are required when ordering parts.

Before You Begin

Thank you for purchasing the G9U. This gym is part of the Body-Solid line of quality strength training machines, which let you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment please study this Owner's Manual thoroughly.

Unpacking the Equipment

The G9U is carefully tested and inspected before shipment. Body-Solid ships the unit in several pieces that require assembly. Ask for assistance during the assembly process.

Carefully unpack the boxes and lay the pieces on the floor near the area where you plan to use the equipment.

You will notice that most of the main frame parts are color coded with yellow dots, red dots, and blue dots on the individual pieces. These colored dots refer to different sections of the gym:

*Yellow dots = Pec Dec section
Red dots = Leg Extension/Chest Press section
Blue dots = Leg Press section*

Pay special attention to the colored dots on the pads. They will help you to quickly place the pads in their correct position.

After you have completely assembled the G9U you can remove all colored dots.

Be careful to assemble all components in the sequence presented in this guide.

If any items are missing, contact the dealer from whom you purchased the unit or call 1-800-556-3113 for the dealer nearest you.

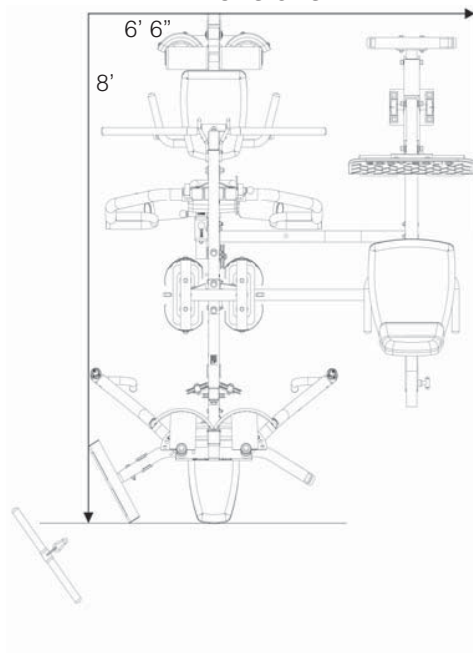
OPTIONAL Equipment

Optional equipment that you can purchase through your dealer:
Vertical Knee Raise Station GKR9.

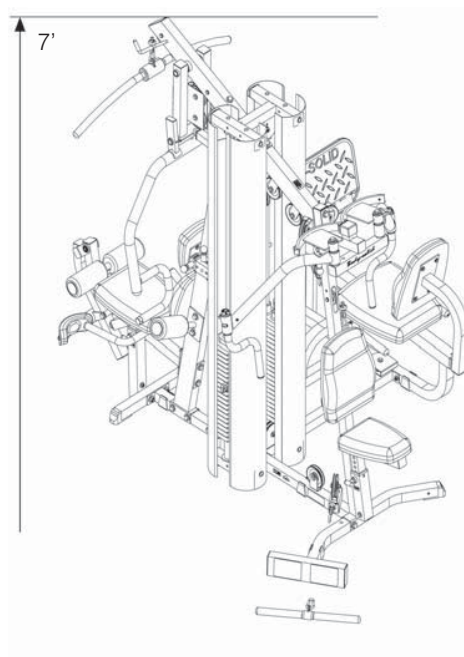
Dimensions

The room layout diagram below will help you decide the best placement for your G9U.
 The dimensions of the G9U are: width 6'6" X length 8'. The ceiling height requirement for the G9U is 7'.
 The usage space is: width 9'6" X length 11'10" (The usage space is the overall space needed for operation.)
 The diagrams below are without the optional Vertical Knee Raise Station GKR9.

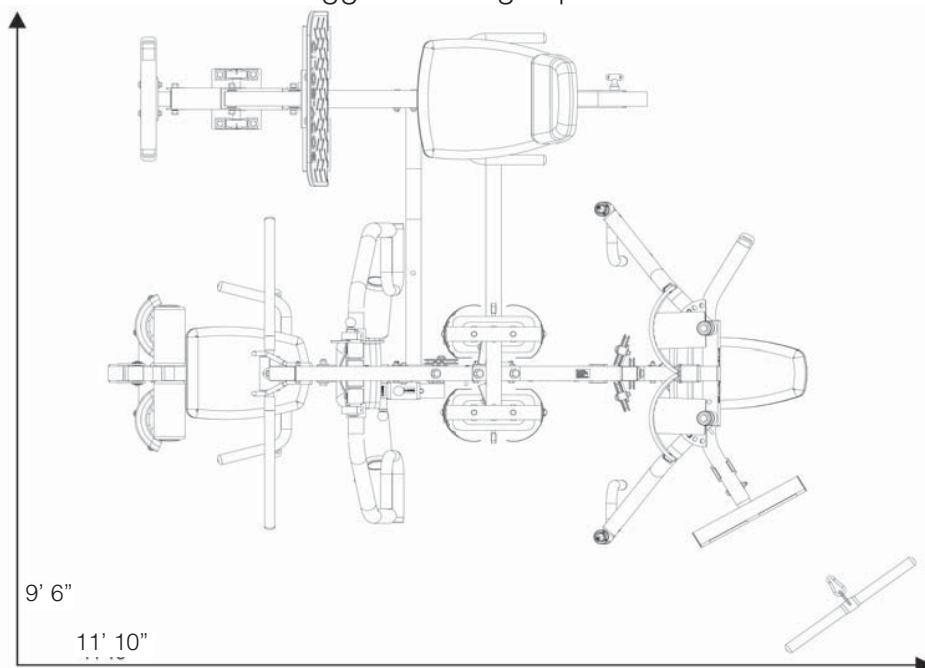
Dimensions



Height requirement



Suggested usage space



S a f e t y G u i d e l i n e s

Successful resistance training programs have one prominent feature in common...safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

- 1. It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.**
- 2. Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.**
- 3. Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through the entire range of motion.**
- 4. Breathe properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.**
- 5. Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and suitable, breathable clothing will reduce the risk of injury.**
- 6. Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Pulleys and cables should be checked for wear frequently and replaced as needed. Equipment should be lubricated as indicated by the manufacturer.**
- 7. Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.**
- 8. Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.**
- 9. Do not attempt to lift more weight than you can control safely.**
- 10. Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.**

Preparations

CAUTION: To set up this unit, you will need assistance. Do not attempt assembly by yourself.

You must review and follow the instructions in this Owner's Manual. If you do not assemble and use the G9U according to these guidelines, you could void the Body-Solid warranty.

Required Tools

The tools that you must obtain before assembling the G9U include:

- ☐ 2mm Allen Key
- ☐ 3mm Allen Key
- ☐ 4mm Allen Key
- ☐ 5mm Allen Key
- ☐ 6mm Allen Key
- ☐ 8mm Allen Key
- ☐ 1/2" Open-End Wrench
- ☐ 9/16" Open-End Wrench
- ☐ 3/4" Open-End Wrench
- ☐ 13/16" Open-End Wrench
- ☐ 1/2" Box Wrench
- ☐ 9/16" Box Wrench
- ☐ 3/4" Box Wrench

CAUTION: Obtain assistance! Do not attempt to assemble the G9U by yourself. Review the Installation Requirements before proceeding with the following steps.

The G9U unit comes in seven boxes. Be careful to assemble components in the sequence presented in this guide.

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

Installation Requirements

Follow these installation requirements when assembling the G9U:

Set up the G9U on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine. Open space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail warranty card.

Assembly Instructions

Professional installers are highly recommended!

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

Assembly of the G9U takes professional installers about 3-5 hours to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

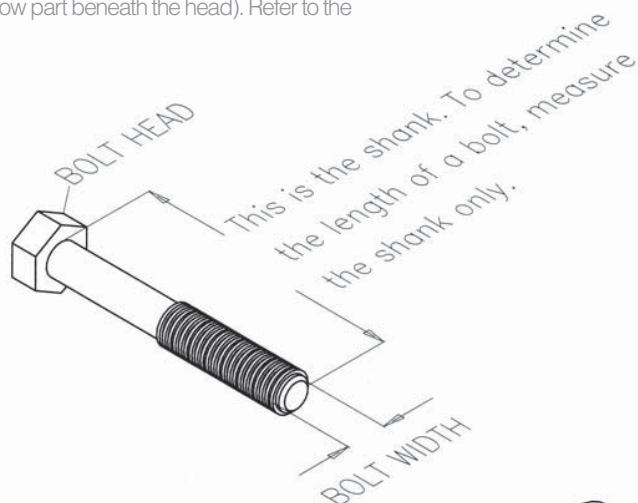
Assembly Tips

Read all "Notes" on each page before beginning each step.

While you may be able to assemble the G9U using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:



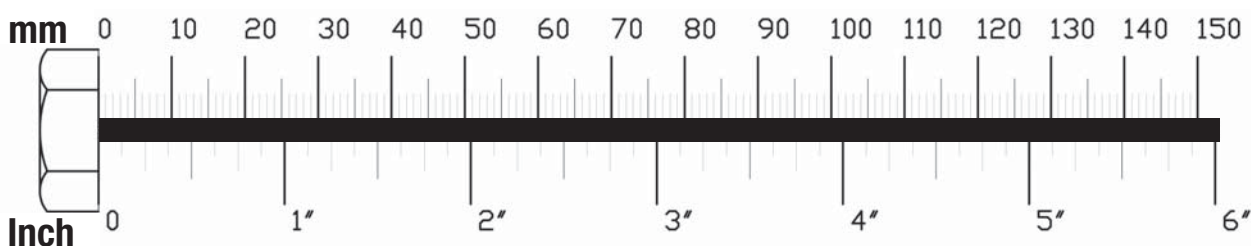
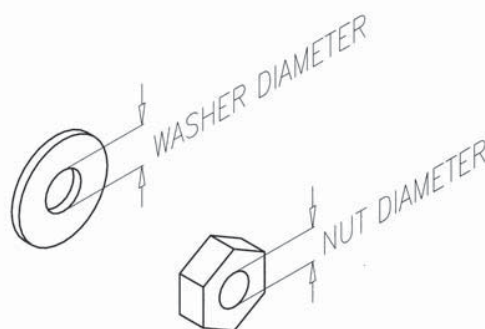
Do not fully tighten bolts until instructed to do so.

Note: After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

IMPORTANT!

Before you begin you should fold-out pages 98, 99, and 100.

This is a quick reference guide that shows all hardware parts (in actual size) along with the corresponding key numbers on the assembly instructions.



STEP**1**

Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of step 5.

- A. Attach two Weight Stack Shims (28) to the bottom of Main Base Frame (A), and two Weight Stack Shims (28) to the bottom of Side Base Frame (B). Also, install two Frame Levelers (25) to the Main Base Frame (A) as shown.
- B. Attach Main Base Frame (A) to Side Base Frame (B) using:
Two 73 (3/8"x 2 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- C. Attach two Foot Caps (19) to the ends of Front Base Frame (C). Attach Front Base Frame (C) to the Main Base Frame (A) using:
One 65 (1/2"x 3" hex head bolt)*
Two 93 (1/2" washer)
One 90 (1/2" nylon lock nut)

***NOTE:**

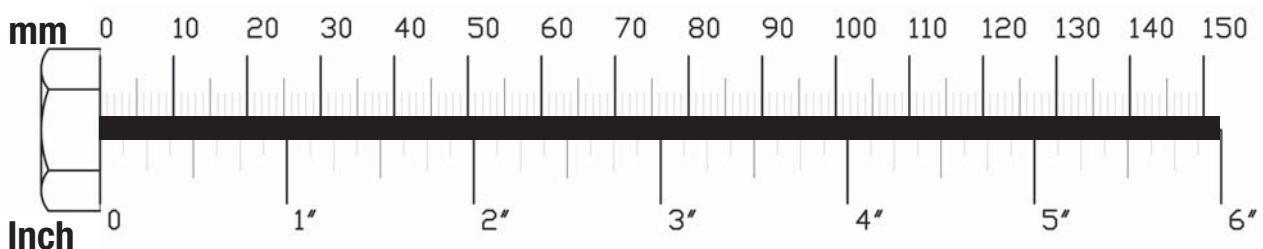
Only use one bolt (65) as shown. You will need the other side open for step 5.

- D. Attach one Foot Cap (19) to one end of Rear Base Frame (D). Leave the other side open, (depending on which side of the gym you want the low pulley station). * Connect Rear Base Frame (D) and Rear Vertical Frame (E) to Main Base Frame (A) as shown using:
Two 64 (1/2"x 3 1/4" hex head bolt)
Four 93 (1/2" washer)
Two 90 (1/2" nylon lock nut)

***NOTE:**

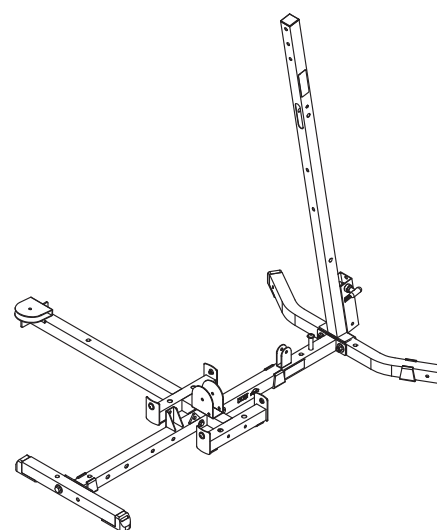
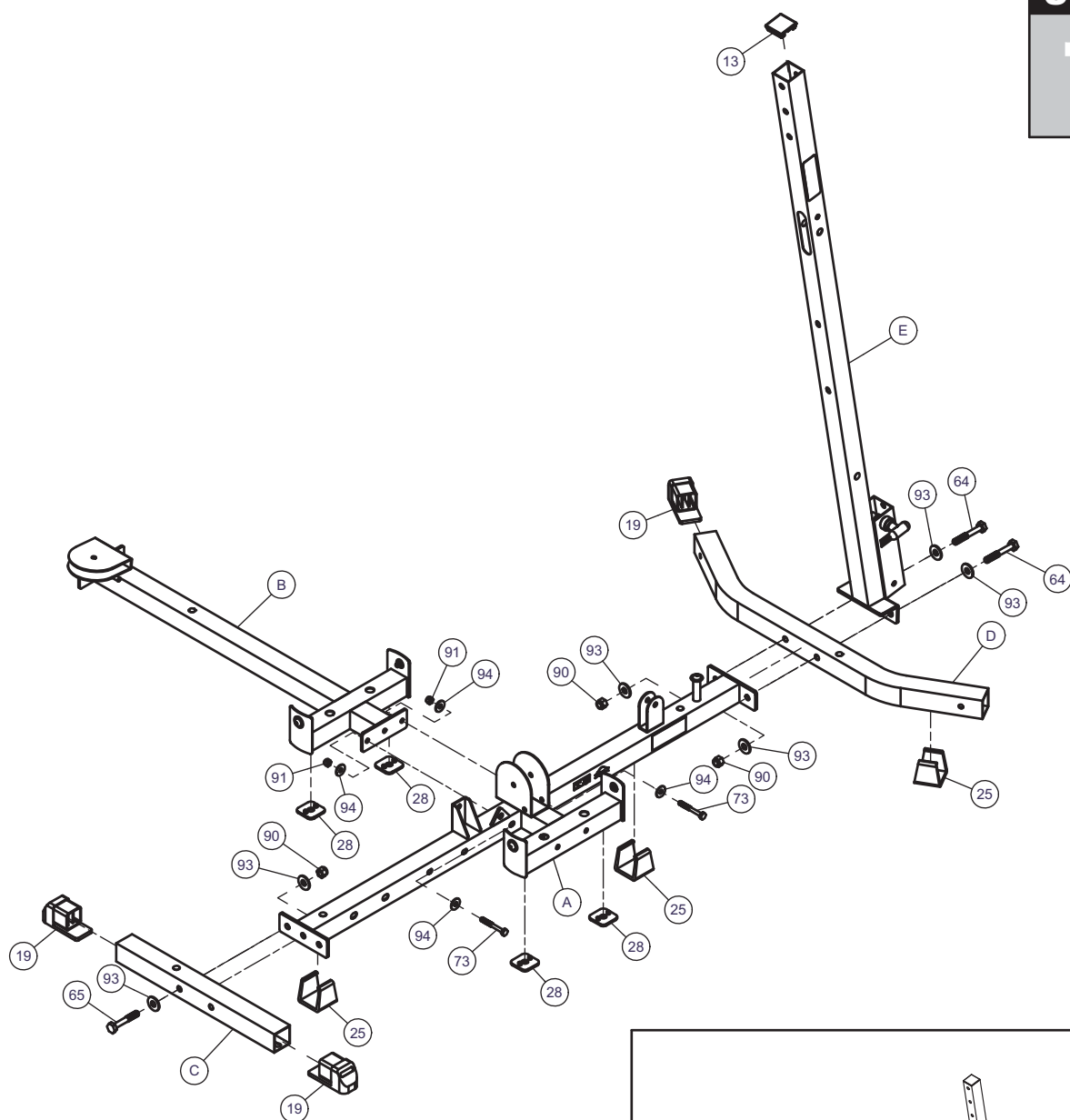
Depending on how much space you have available, and the configuration of your room, you can assemble this gym with the low pulley station on either side.

- E. Attach End Cap (13) to the top of Rear vertical Frame (E) and Frame Leveler (25) to Rear Base Frame (D).



STEP

1



Above shows STEP 1
assembled and completed

STEP**2**

Be careful to assemble all components in the sequence they are presented.

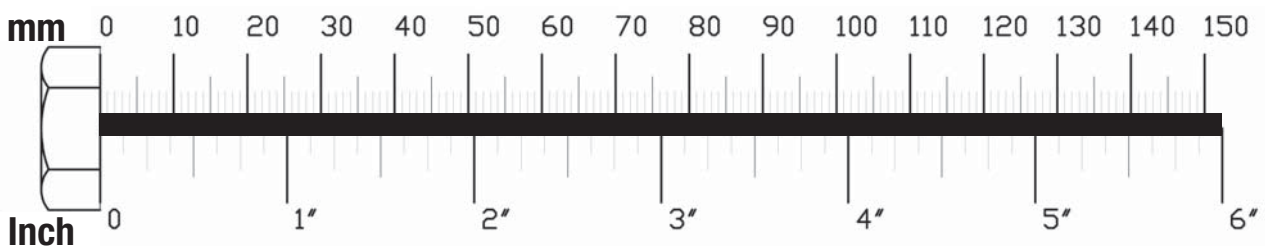
NOTE:

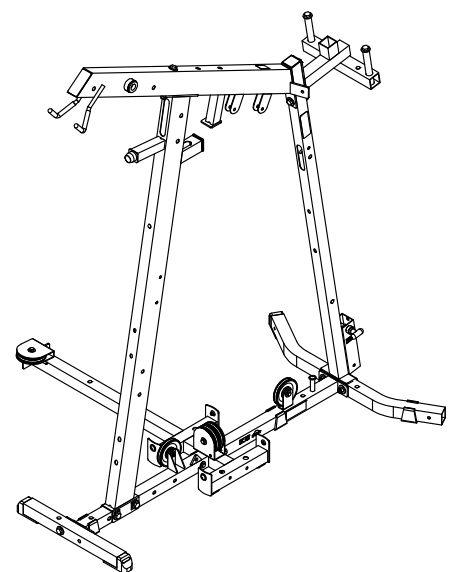
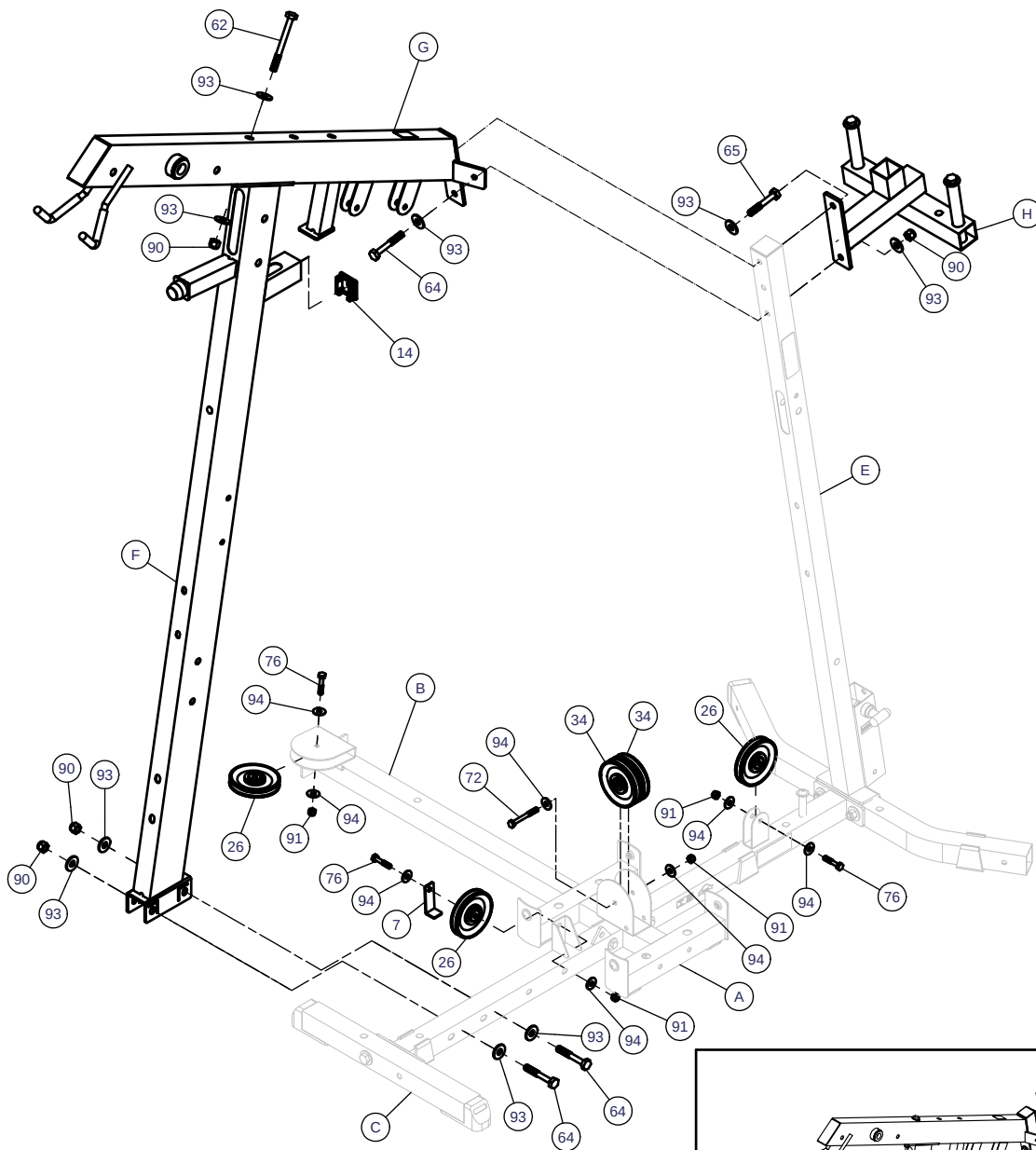
Finger tighten all hardware in this step. Do Not wrench tighten until end of step 5.

- A. Attach one Pulley (26) to Main Base Frame (A) and one Pulleys to Side Base Frame (B) as shown using:
Two 76 (3/8"x 1 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- B. Attach two Pulley (34) to Main Base Frame (A) as shown using:
One 72 (3/8"x 3" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- C. Attach one Pulley (26) and Pulley Cable Guide (7) to the middle of the Main Base Frame (A) as shown using:
One 76 (3/8"x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- D. Attach Front Vertical Frame (F) to Main Base Frame (A) as shown using:
Two 64 (1/2"x 3 1/4" hex head bolt)
Four 93 (1/2" washer)
Two 90 (1/2" nylon lock nut)
- E. Attach Top Main Frame (G) to Front Vertical Frame (F) as shown using only one bolt:
One 62 (1/2"x 5" hex head bolt)
Two 93 (1/2" washer)
One 90 (1/2" nylon lock nut)
- F. Attach Top Main Frame (G) and Pec Dec Frame (H) to Rear Vertical Frame (E) using:
One 65 (1/2"x 3" hex head bolt)*
One 64 (1/2"x 3 1/4" hex head bolt)
Three 93 (1/2" washer)
One 90 (1/2" nylon lock nut)

***NOTE:**

The top bolt (65) goes into an internally threaded nut inside the Top Main Frame (G).





Above shows STEP 2
assembled and completed

STEP**3**

Be careful to assemble all components in the sequence they are presented.

NOTE:

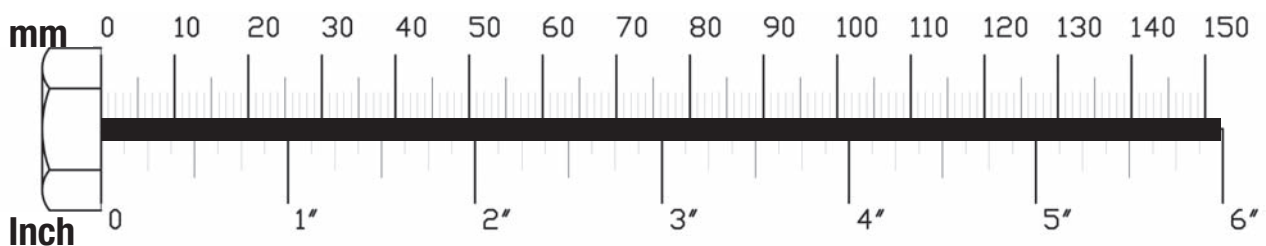
Finger tighten all hardware in this step. Do Not wrench tighten until end of step 5.

- A. Place two Weight Stack Risers (55) and two Rubber Donuts (31) onto Main Base Frame (A) as shown. Slide two Guide Rods (J) through the Rubber Donuts (31), the Weight Stack Risers (55), and into the Main Base Frame (A).
- B. Slide 20 Weight Stack Plates (51) onto the two Guide Rods (J). Make sure the opening in each weight stack plate, for the Weight Stack Pin (1), is facing outward.
- C. Attach Top Plate (8) to Selector Rod (6) using:
One 77 (3/8"x 2" flat allen head)
One 100 (3/8" spring lock washer)
Slide Top Plate (8) and Selector Rod (6) onto Guide Rods (J).
- D. Place two Weight Stack Risers (55) and two Rubber Donuts (31) onto Side Base Frame (B) as shown. Slide two Guide Rods (J) through the Rubber Donuts (31), the Weight Stack Risers (55), and into the Side Base Frame (B).
- E. Slide 20 Weight Stack Plates (51) onto the two Guide Rods (J). Make sure the opening in each weight stack plate, for the Weight Stack Pin (1), is facing outward.
- F. Attach Top Plate (8) to Selector Rod (6) using:
One 77 (3/8"x 2" flat allen head)
One 100 (3/8" spring lock washer)
Slide Top Plate (8) and Selector Rod (6) onto Guide Rods (J).
- G. Slide four Shaft Collars (22) onto the four Guide Rods (J) as shown.*

***NOTE:**

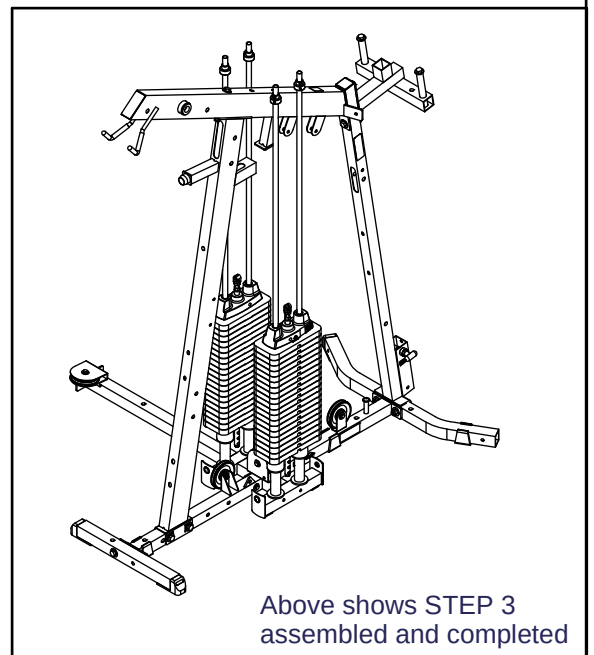
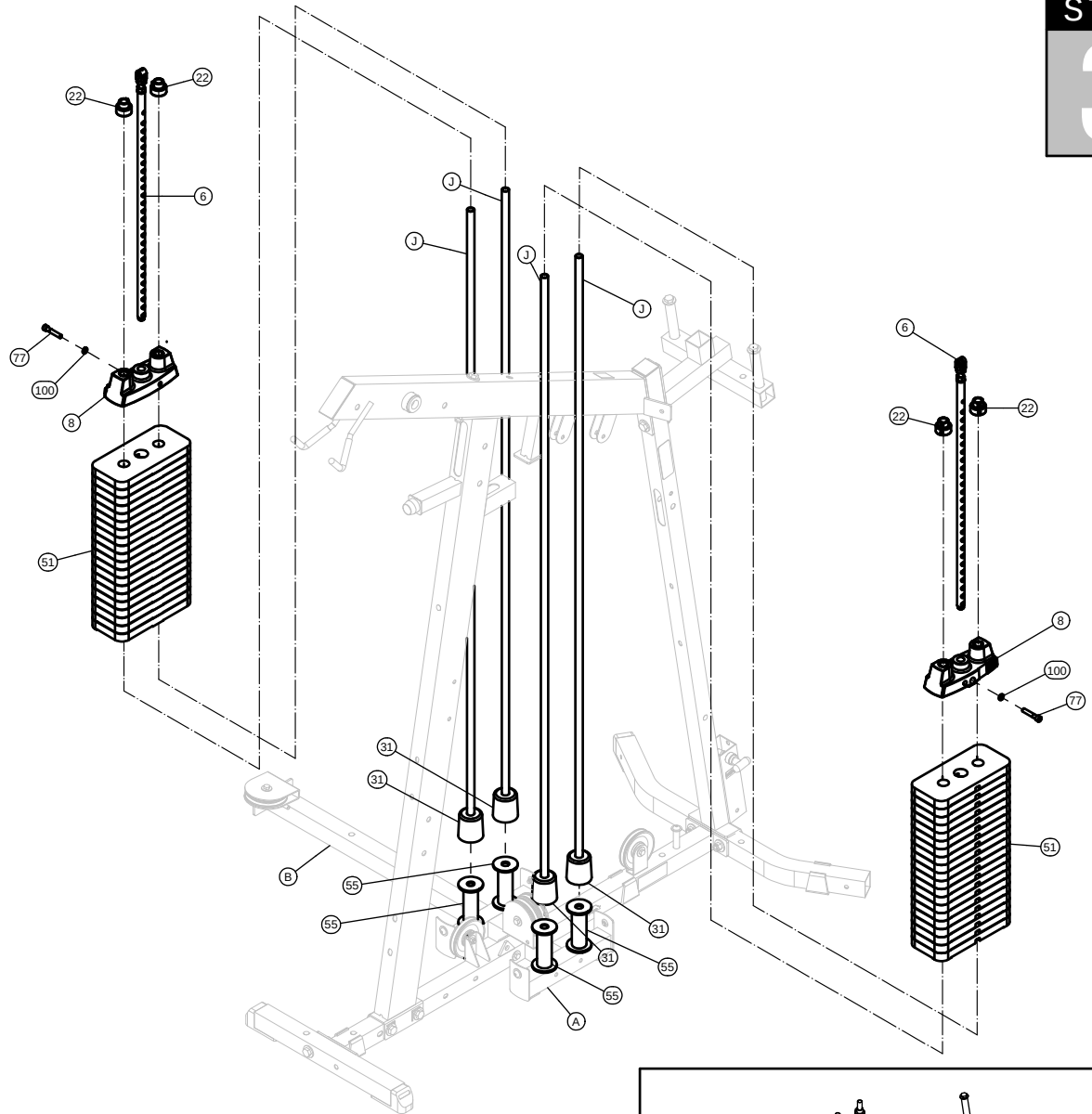
Do not tighten the allen screw inside Shaft Collars (22), leave them loose.

≈



STEP

3



Above shows STEP 3
assembled and completed

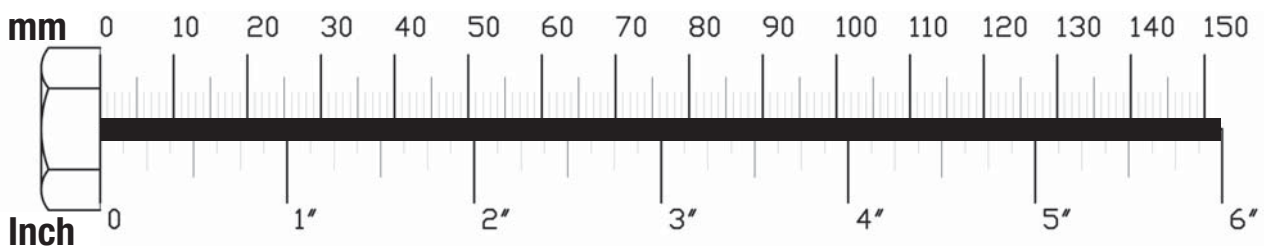
STEP**4**

Be careful to assemble all components in the sequence they are presented.

NOTE:

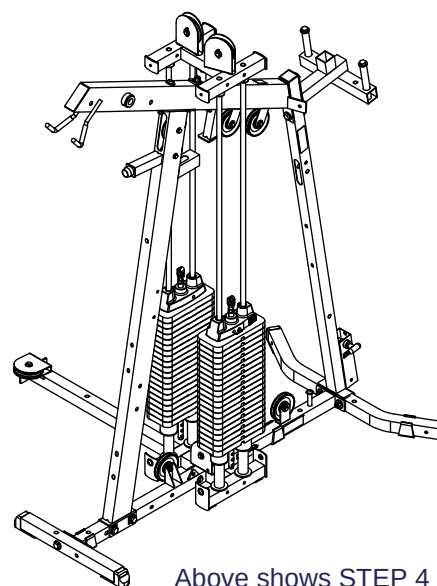
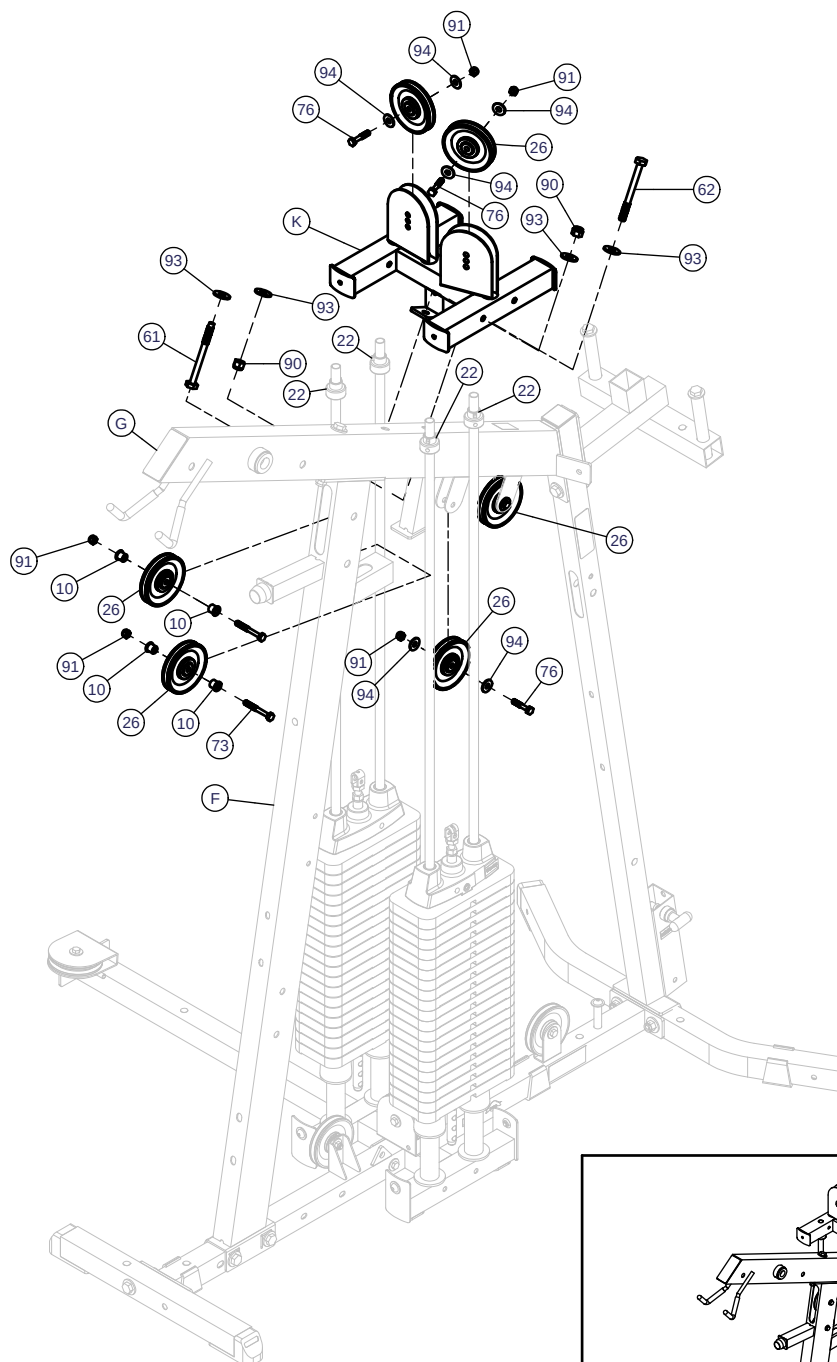
Finger tighten all hardware in this step. Do Not wrench tighten until end of step 5.

- A. Attach Top Pulley Frame (K) to Top Main Frame (G) and Front Vertical Frame (F) as shown using:
One 61 (1/2"x 5 1/4" hex head bolt)
One 62 (1/2"x 5" hex head bolt)
Four 93 (1/2" washer)
Two 90 (1/2" nylon lock nut)
- B. Slide the four Shaft Collars (22) to the top of the four Guide Rods (J).
Insert the top of the Shaft Collars (22) into Top Pulley Frame (K).
Tighten the allen screw in each Shaft Collars (22).
- C. Insert two Pulleys (26) into Front Vertical Frame (F) as shown using:
Four 10 (pulley spacer)
Two 73 (3/8"x 2 3/4" hex head bolt)
Two 91 (3/8" nylon lock nut)
- D. Insert two Pulleys (26) into Top Pulley Frame (K) using:
Two 76 (3/8"x 1 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- E. Insert two Pulleys (26) into the pulley covers on the Top Main Frame (G) using:
Two 76 (3/8"x 1 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)



STEP

4



Above shows STEP 4
assembled and completed

STEP**5**

Be careful to assemble all components in the sequence they are presented.

Most of the main frame parts in this step will have RED dots.

NOTE:

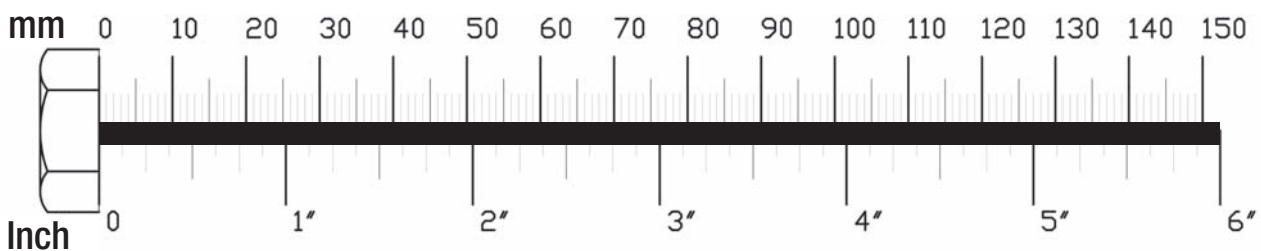
LEG EXTENSION SEAT PAD FRAME (S) AND THE LEG EXTENSION FRAME (L) ARE PRE-ASSEMBLED AS ONE PIECE.

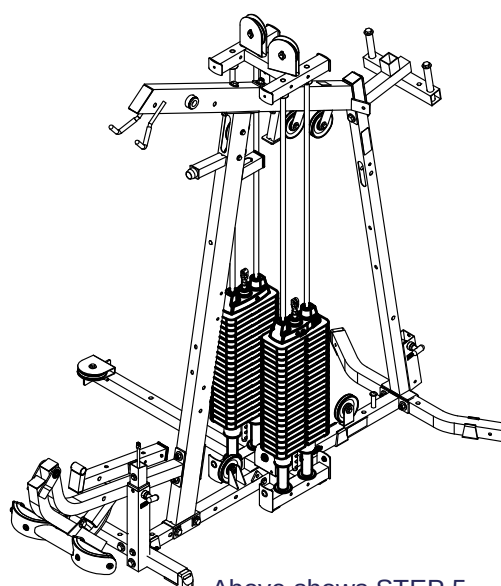
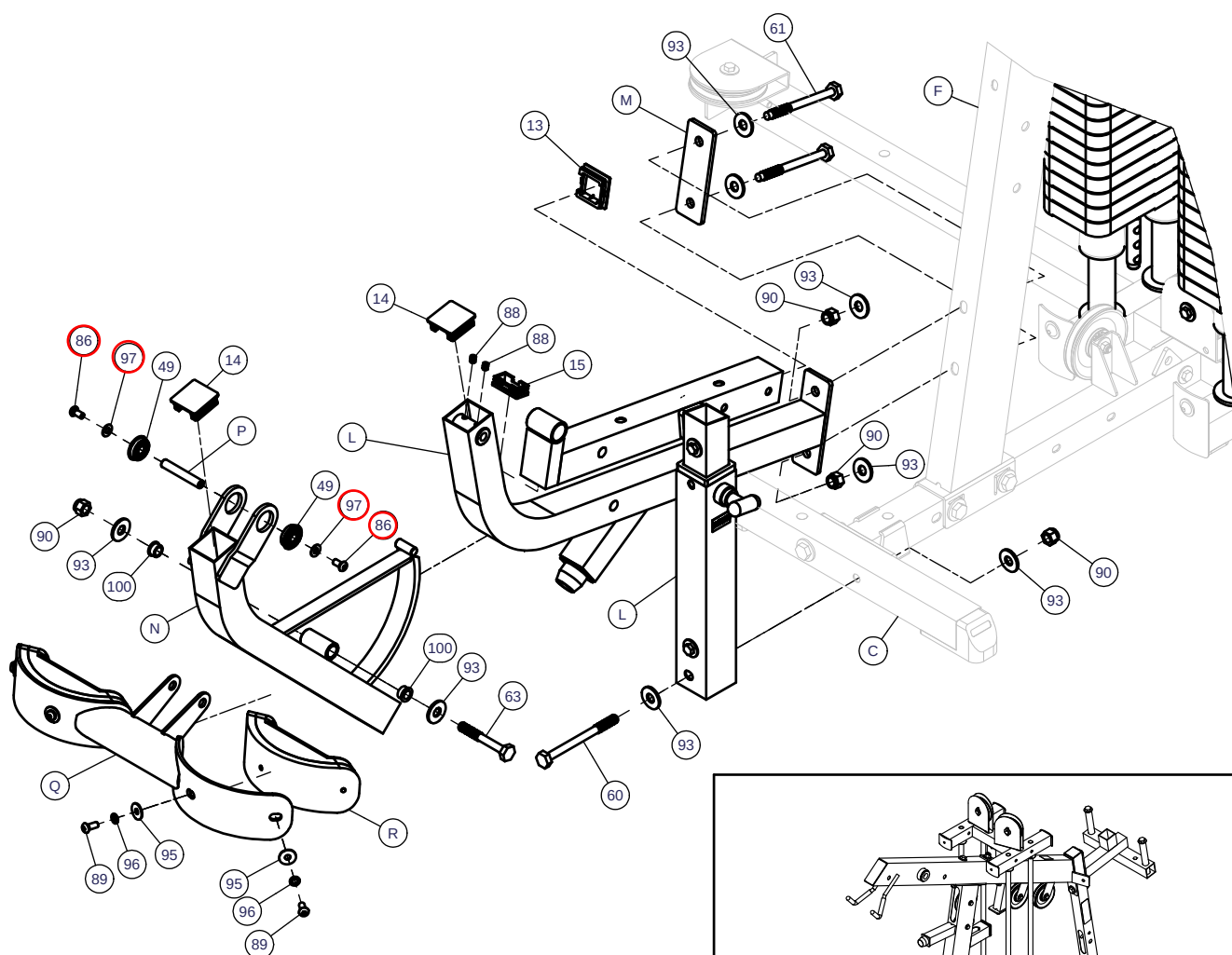
- A. Attach Leg Extension Frame (L) and 2"x 6" Plate (M) to Front Vertical Frame (F) using:
Two 61 (1/2"x 5 1/4" hex head bolt)
Four 93 (1/2" washer)
Two 90 (1/2" nylon lock nut)
- B. Attach the bottom of Leg Extension Frame (L) to Front Base Frame (C), through the opening left from step 1 using:
One 60 (1/2"x 5 1/2" hex head bolt)
Two 93 (1/2" washer)
One 90 (1/2" nylon lock nut)
- C. Attach Leg Extension Arm (N) to Leg Extension Frame (L) using pre-installed Shaft (P) as shown. Tighten the two Allen Screws (88) to lock down Shaft (P) in Leg Extension Frame (L). Attach three End Caps (14) to the top of Leg Extension Frame (L) and each end of the Leg Extension Arm (N).
- D. Attach Leg Extension Pad Holder (Q) to Leg Extension Arm (N) using:
One 63 (1/2"x 3 1/2" hex head bolt)
Two 93 (1/2" washer)
One 90 (1/2" nylon lock nut)
Bronze Bushing (100) was pre-assembled, inside Leg Extension Arm (N).
- E. Attach Leg Pads (R) to Leg Extension Pad Holder (Q) using:
Four 89 (5/16"x 3/4" round bolt)*
Four 96 (5/16" spring lock washer)
Four 95 (5/16" washer)
- F. Attach End Cap (15) onto the front of Leg Extension Seat Pad Frame (S).

***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. Over - tightening these bolts will cause T - nuts in pads to strip out.**

NOTE:

At this point you must make sure that the gym is level, stable and in the right location. You should now wrench tighten all bolts and nuts on the mainframe unit only. Do NOT re-tighten any of the pad bolts. Also, leave all pulley bolts finger-tight until after STEP 20.





Above shows STEP 5
assembled and completed

STEP**6**

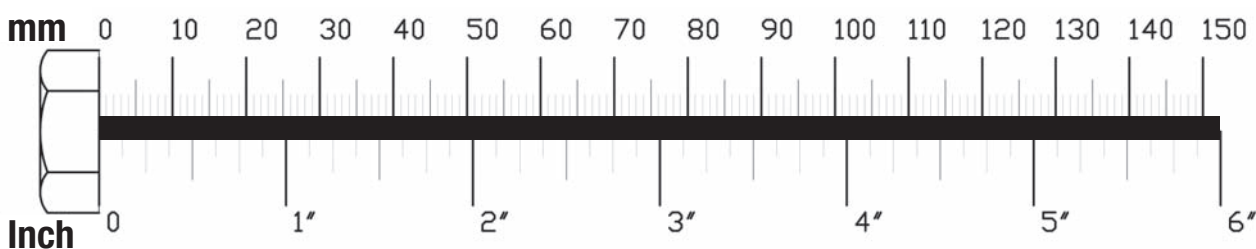
Be careful to assemble all components in the sequence they are presented.

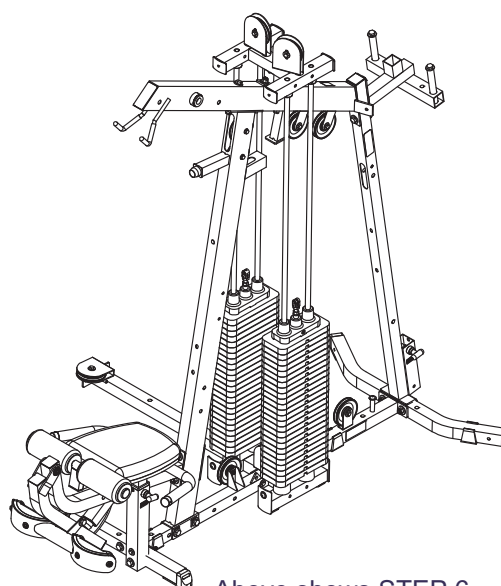
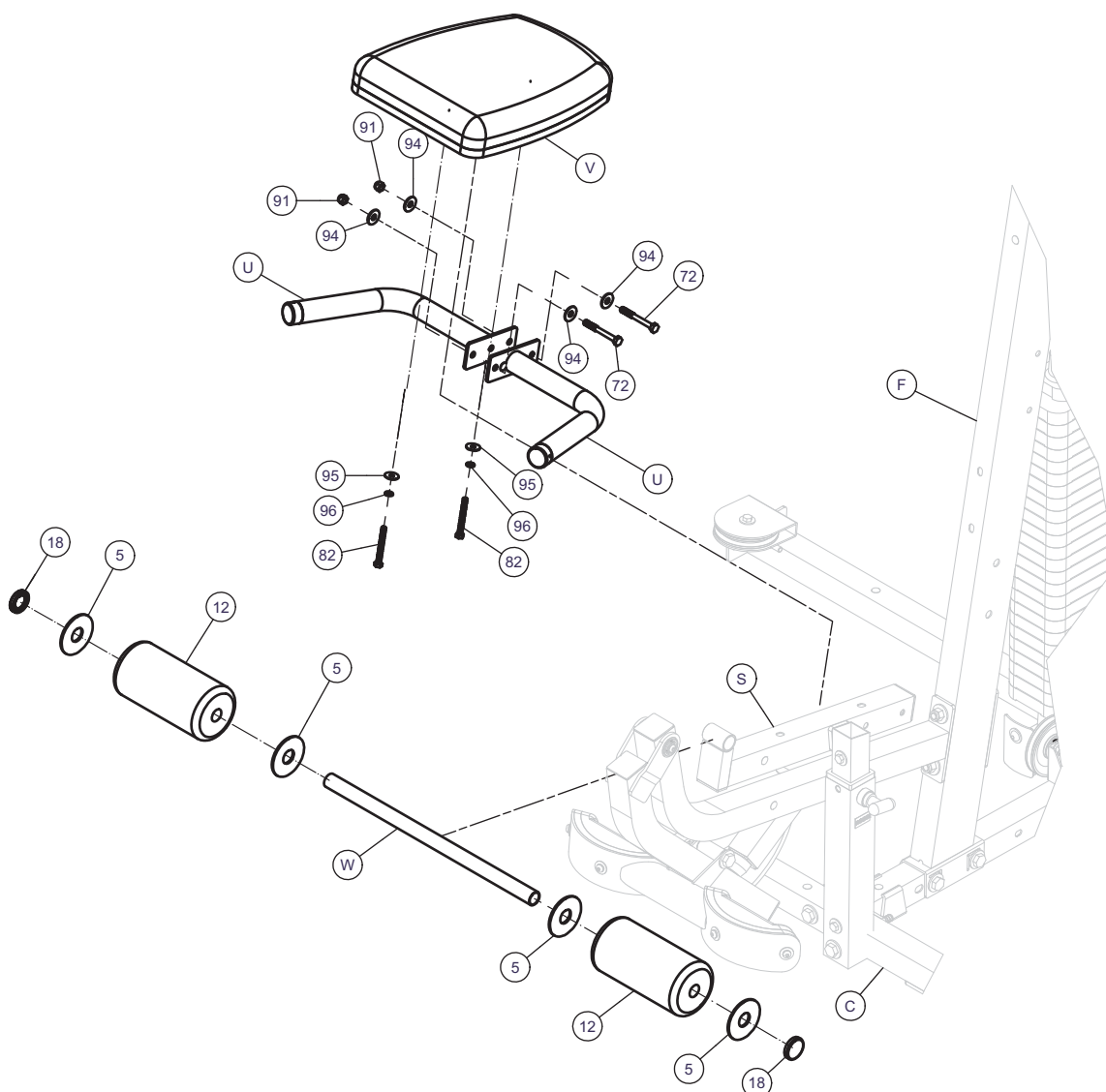
Most of the main frame parts in this step will have RED dots.

- A. Attach Leg Extension Handles (U) to Leg Extension Seat Pad Frame (S) using:
Two 72 (3/8" x 3" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- B. Attach Leg Extension Seat Pad (V) to Leg Extension Seat Pad Frame (S) using:
Two 82 (5/16" x 2 3/4" hex head bolt)*
Two 96 (5/16" spring lock washer)
Two 95 (5/16" washer)
***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. Over-tightening these bolts will cause T-nuts in pads to strip out.**
- C. Slide 4" x 8" Foam Rollers (12) onto Foam Roller Bar (W) and attach to Leg Extension Seat Pad Frame (S). Hold Foam Rollers (12) in place with 3" Plastic Washer (5) on the inside and Plastic Roller End Cap (18) on the outside as shown.

Note:

You should now wrench tighten all bolts and nuts in this step. Do NOT re-tighten any of the pad bolts or pulley bolts.





Above shows STEP 6
assembled and completed

STEP**7**

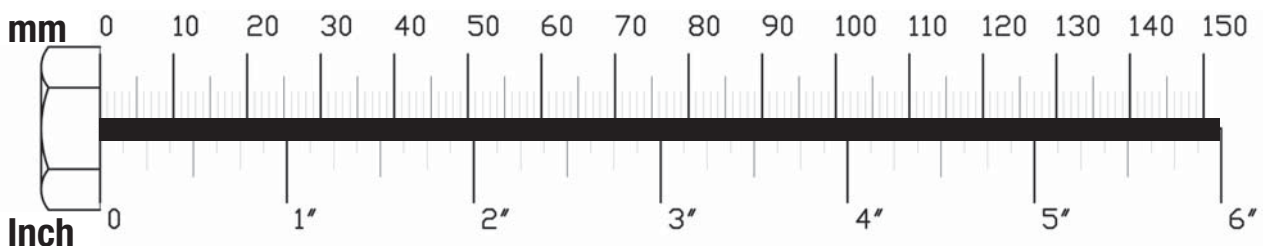
Be careful to assemble all components in the sequence they are presented.

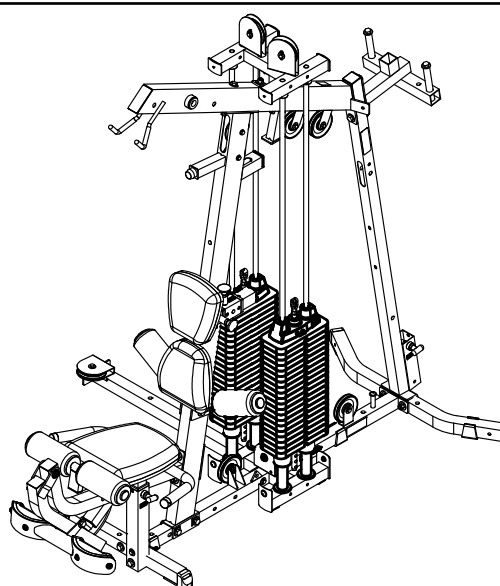
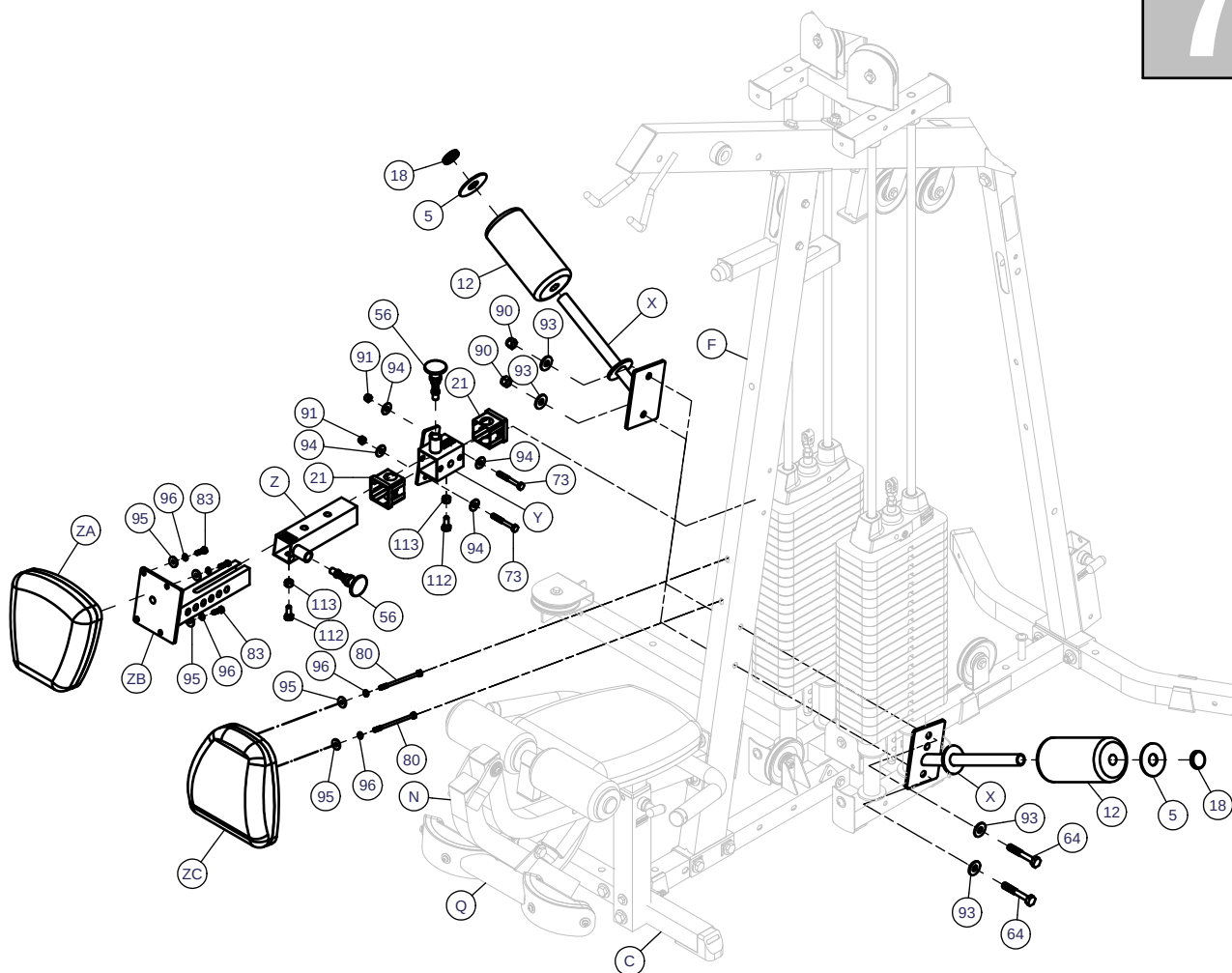
Most of the main frame parts in this step will have RED dots.

- A. Attach two Leg Hold Downs (X) to the Front Vertical Frame (F) using:
Two 64 (1/2"x 3 1/4" hex head bolt)
Four 93 (1/2" washer)
Two 90 (1/2" nylon lock nut)
Slide two 4"x 8" Foam Rollers (12) onto the two Leg Hold Downs (X) and hold in place with two Plastic Roller End Caps (18).
- B. Insert two Plastic Bushings (21) into the Back Pad Holder (Y). Connect Back pad Holder (Y) to the Front Vertical Frame (F) using:
Two 73 (3/8"x 2 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- C. Slide Back Pad Adjuster (Z) into the Back Pad Holder (Y) and hold in place with Ball Head Pop Pin (56) and Adjustment Bolt (112). Look inside Back Pad Adjuster (Z) and adjust the Adjustment Bolt (112) with Lock Nut (113) so that it will stop Back Pad Adjuster (Z) from sliding out, but will not interfere with Back Pad Insert (ZB) in the next step.
- D. Attach Upper Back Pad (ZA) to Back Pad Insert (ZB) using:
Four 83 (5/16"x 1" hex head bolt)*
Four 96 (5/16" spring lock washer)
Four 95 (5/16" washer)
***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat.**
Over - tightening these bolts will cause T - nuts in pads to strip out.
Slide Back Pad Insert (ZB) into Back Pad Adjuster (Z) and hold in place with Ball Head Pop Pin (56) and Adjustment Bolt (112).
- E. Attach Lower Back Pad (ZC) to Front Vertical Frame (F) using:
Two 80 (5/16"x 5" hex head bolt)*
Two 96 (5/16" spring lock washer)
Two 95 (5/16" washer)
***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat.**
Over - tightening these bolts will cause T - nuts in pads to strip out.

Note:

You should now wrench tighten all bolts and nuts in this step.
Do NOT re-tighten any of the pad bolts or pulley bolts.





Above shows STEP 7
assembled and completed

STEP**8**

Be careful to assemble all components in the sequence they are presented.

Most of the main frame parts in this step will have RED dots.

NOTE:

You will need to loosen two Allen Screws (88) inside Seated Press Arm Support (AA), in order to remove shaft (AB).

- A. Attach Seated Press Arm Support (AA) to Top Main Frame (G) with Shaft (AB). Tighten Allen Screw (88) in Seated Press Arm Support (AA).
- B. Attach two Pulleys (26) to Seated Press Arm Support (AA) using:
Two 76 (3/8"x 1 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)

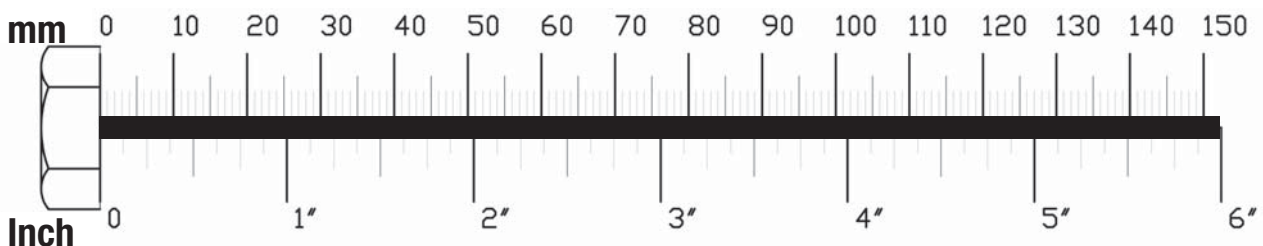
NOTE:

You will need to loosen two Allen Screws (88), inside Seated Press Arm (AC), in order to remove shaft (AD).

- C. Attach Seated Press Arm (AC) to Seated Press Arm Support (AA) with Shaft (AD). Tighten two Allen Screws (88) in Seated Press Arm Support (AA) and in Seated Press Arm (AC).
- D. Attach two End Caps (14) to the top of Seated Press Arm Support (AA). Attach two End Caps (15) to the top of Seated Press Arm (AC).
- E. Attach Small Shroud (AE) to Seated Press Arm Support (AA) using:
Four 86 (M8 x 16L round allen head)
Four 97 (M8 washer)

Note:

You should now wrench tighten all bolts and nuts in this step. Do NOT re-tighten any of the pad bolts or pulley bolts.



STEP**9**

Be careful to assemble all components in the sequence they are presented.

Most of the main frame parts in this step will have YELLOW dots.

- A. Attach three End Caps (13) to the front and sides of Pec Dec Frame (H), and attach Square Rubber Cap (32) to the top of the Pec Dec Frame (H).
- B. Slide Oilite Washer (9), Left Pec Dec Arm (AK) and then the Left Pec Dec Cam (AL) onto the left side of the Pec Dec Frame (H) as shown, Attach using:
One 59 (1/2"x 1" hex head bolt)
One 93 (1/2" washer)
- C. Slide Round End Cap (29) into Left Pec Dec Handle (AM) and attach to the Left Pec Dec Arm (AK) using:
One 85 (5/16"x 3/4" flat allen head)
One 96 (5/16" spring lock washer)

Note:

Left Pec Dec Handle (AM) should bend out, away from the the gym, as shown.

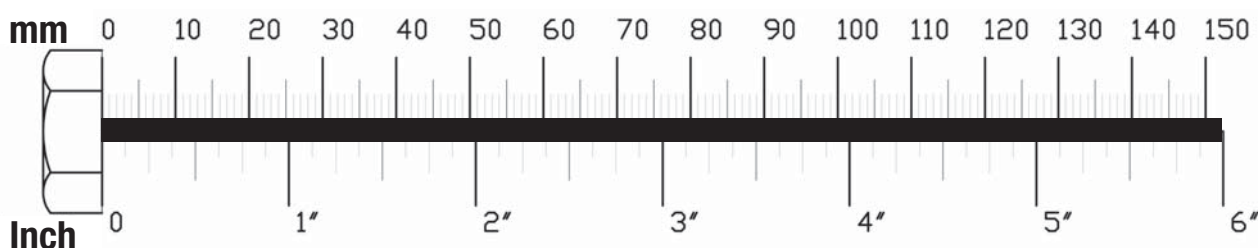
- D. Slide Oilite Washer (9), Right Pec Dec Arm (AP) and then the Right Pec Dec Cam (AQ) onto the Right side of the Pec Dec Frame (H) as shown, attach using:
One 59 (1/2"x 1" hex head bolt)
One 93 (1/2" washer)
- E. Slide Round End Cap (29) into Right Pec Dec Handle (AR) and attach to the Right Pec Dec Arm (AP) using:
One 85 (5/16"x 3/4" flat allen head)
One 96 (5/16" spring lock washer)

Note:

Right Pec Dec Handle (AR) should bend out, away from the gym, as shown.

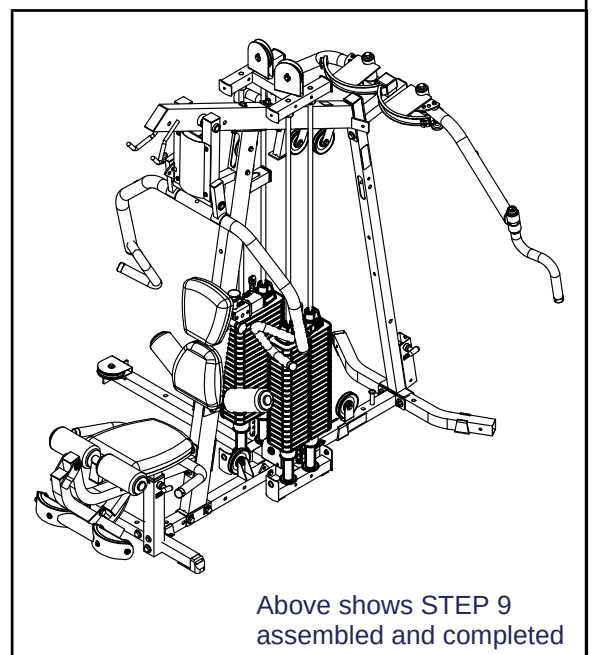
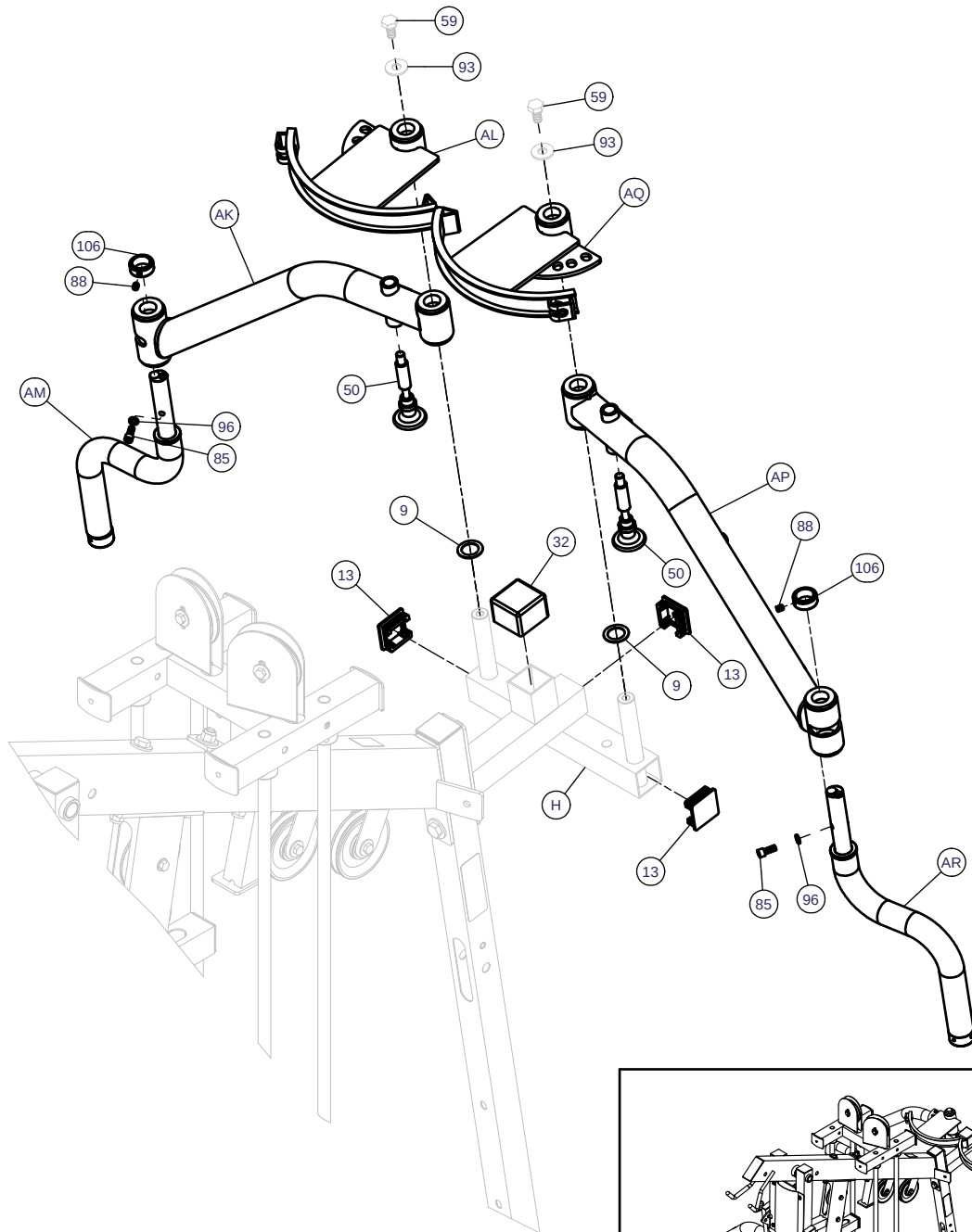
- F. Attach two Chrome Collars (106) to the top of Left Pec Dec Handle (AM) and Right Pec Dec Handle (AR) using:
Two 88 (5/16" allen screw) preinstalled

**You should now wrench tighten all bolts and nuts in this step.
Do NOT re-tighten any of the pad bolts or pulley bolts.**



STEP

9



Above shows STEP 9
assembled and completed

STEP**10**

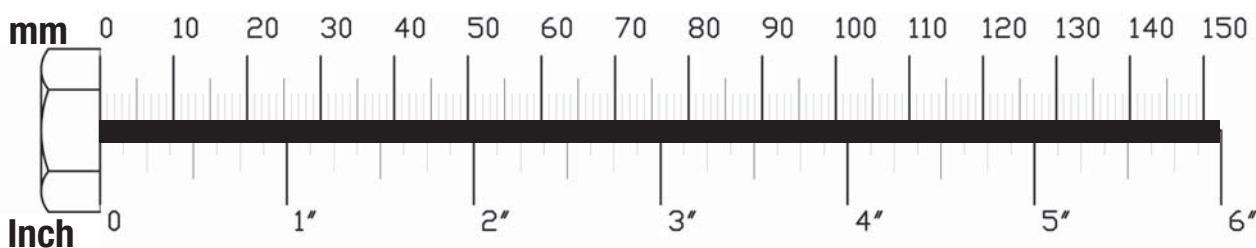
Be careful to assemble all components in the sequence they are presented.

Most of the main frame parts in this step will have YELLOW dots.

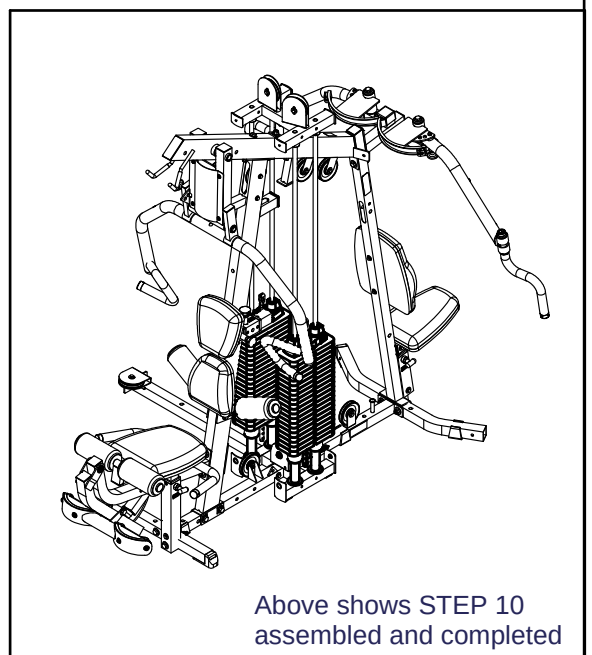
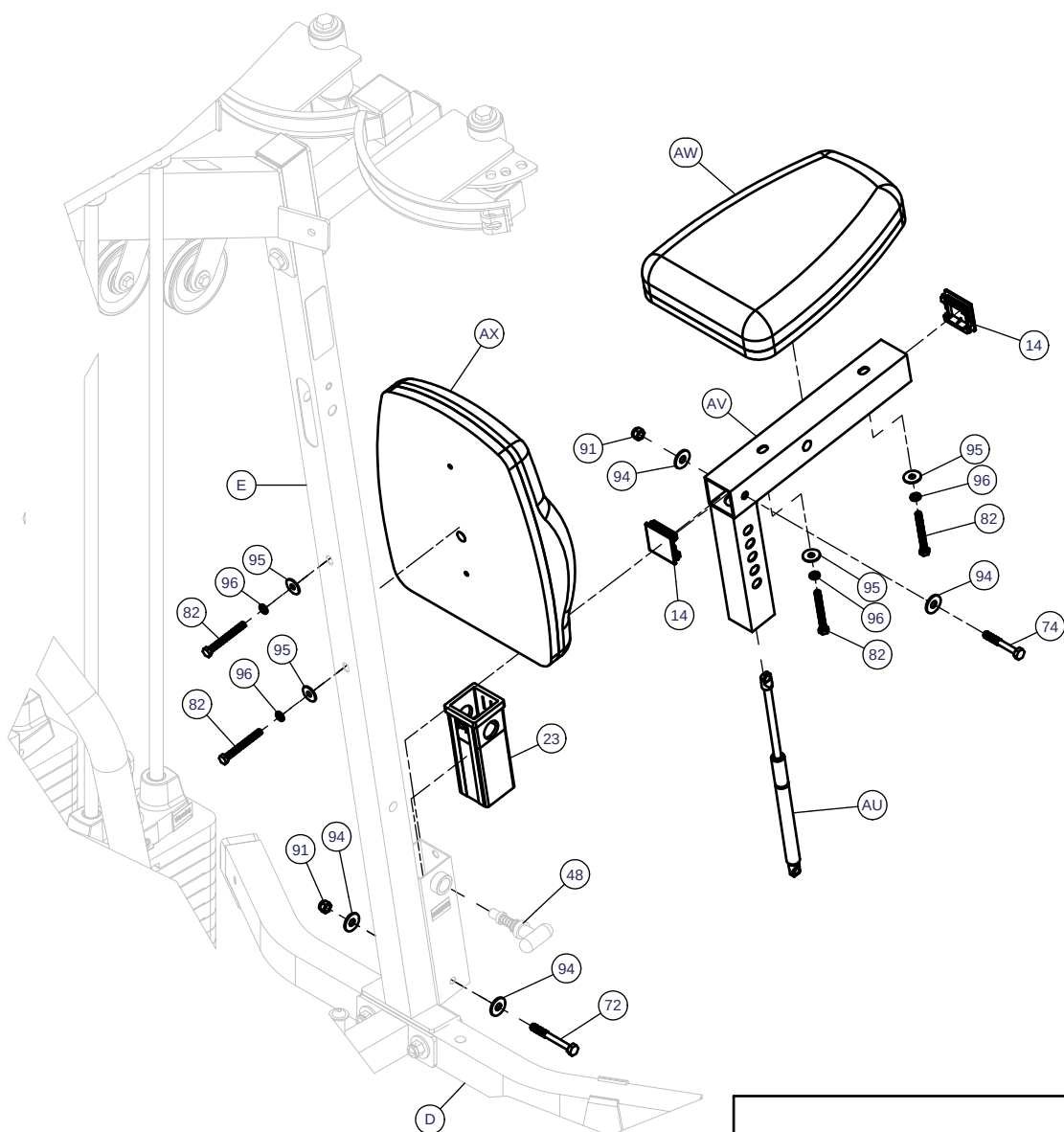
- A. Slide Plastic Bushing (23) into the receptacle at the bottom of the Rear Vertical Frame (E) as shown. Attach Hydraulic Seat Adjuster (AU) to the inside of the receptacle at the bottom of the Rear Vertical Frame (E) using:
One 72 (3/8"x 3" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- B. Attach two End Caps (13) to the front and back of Seat Pad Frame (AV). Slide Seat Pad Frame (AV) into receptacle at the bottom of Rear Vertical Frame (E), and attach to the top of Hydraulic Seat Adjuster (AU) using:
One 74 (3/8"x 2 1/2" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
Insert Pop Pin (48) into the threaded opening in the receptacle at the bottom of the Rear Vertical Frame (E).
- C. Attach Seat Pad (AW) to Seat Pad Frame (AV) using:
Two 82 (5/16"x 2 3/4" hex head bolt)*
Two 96 (5/16" spring lock washer)
Two 95 (5/16" washer)
***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. Over - tightening these bolts will cause T - nuts in pads to strip out.**
- D. Attach Back Pad (AX) to Rear Vertical Frame (E) using:
Two 82 (5/16"x 2 3/4" hex head bolt)*
Two 96 (5/16" spring lock washer)
Two 95 (5/16" washer)
***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. Over - tightening these bolts will cause T - nuts in pads to strip out.**

Note:

You should now wrench tighten all bolts and nuts in this step. Do NOT re-tighten any of the pad bolts or pulley bolts.



STEP 10



Above shows STEP 10
assembled and completed

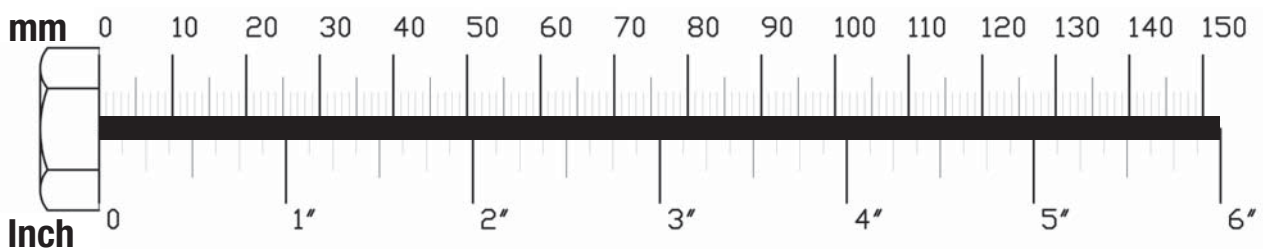
STEP**11**

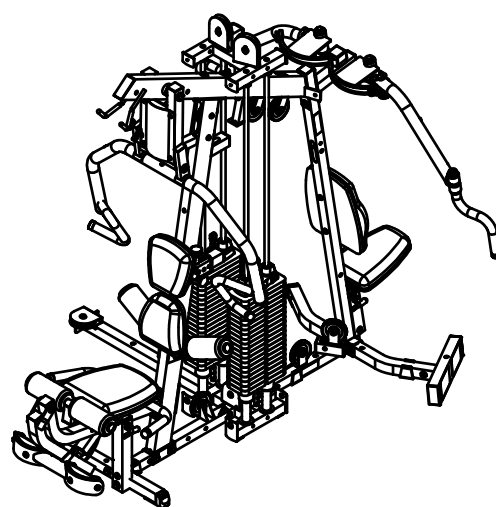
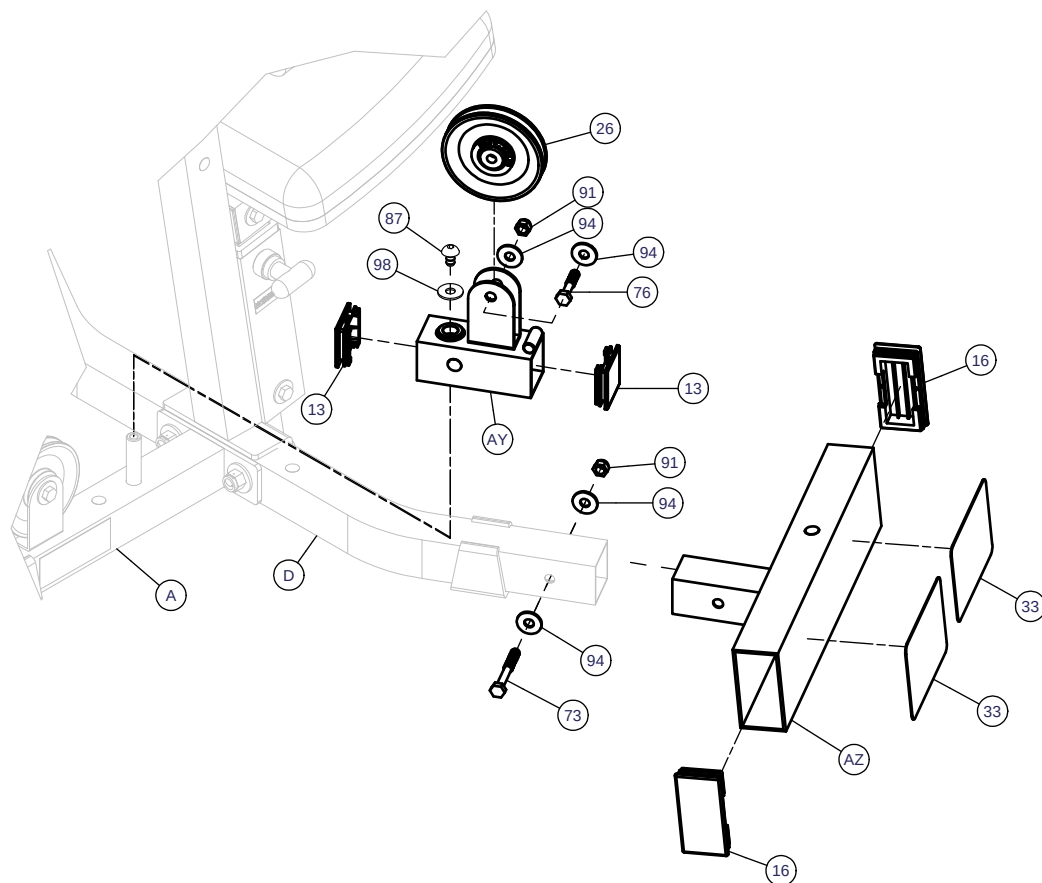
Be careful to assemble all components in the sequence they are presented.

- A. Attach two End Caps (13) to the ends of the Low Pulley Frame (AY). Connect Low Pulley Frame (AY) to the Main Base Frame (A) using:
One 98 (M10 washer)
One 87 (M10 x 16L round allen head)
- B. Attach Foot Brace (AZ) to the open side of Rear Base Frame (D) using:
One 73 (3/8" x 2 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- C. Attach two End Caps (16) and Grip Tape (33) to Foot Brace (AZ) as shown.
- D. Attach Pulley (26) to Low Pulley Frame (AY) using:
One 76 (3/8" x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)

Note:

You should now wrench tighten all bolts and nuts in this step.
Do NOT re-tighten any of the pad bolts or pulley bolts.





Above shows STEP 11
assembled and completed

STEP**12**

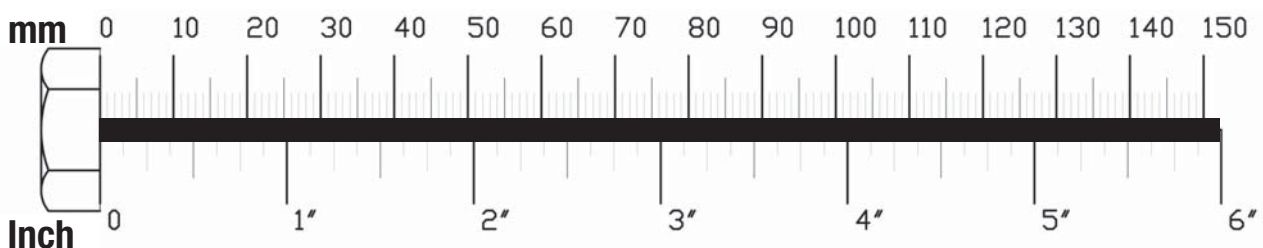
Be careful to assemble all components in the sequence they are presented.

Most of the main frame parts in this step will have BLUE dots.

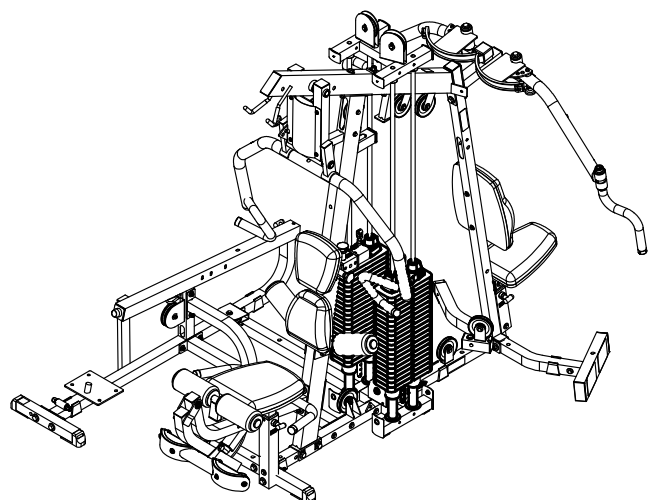
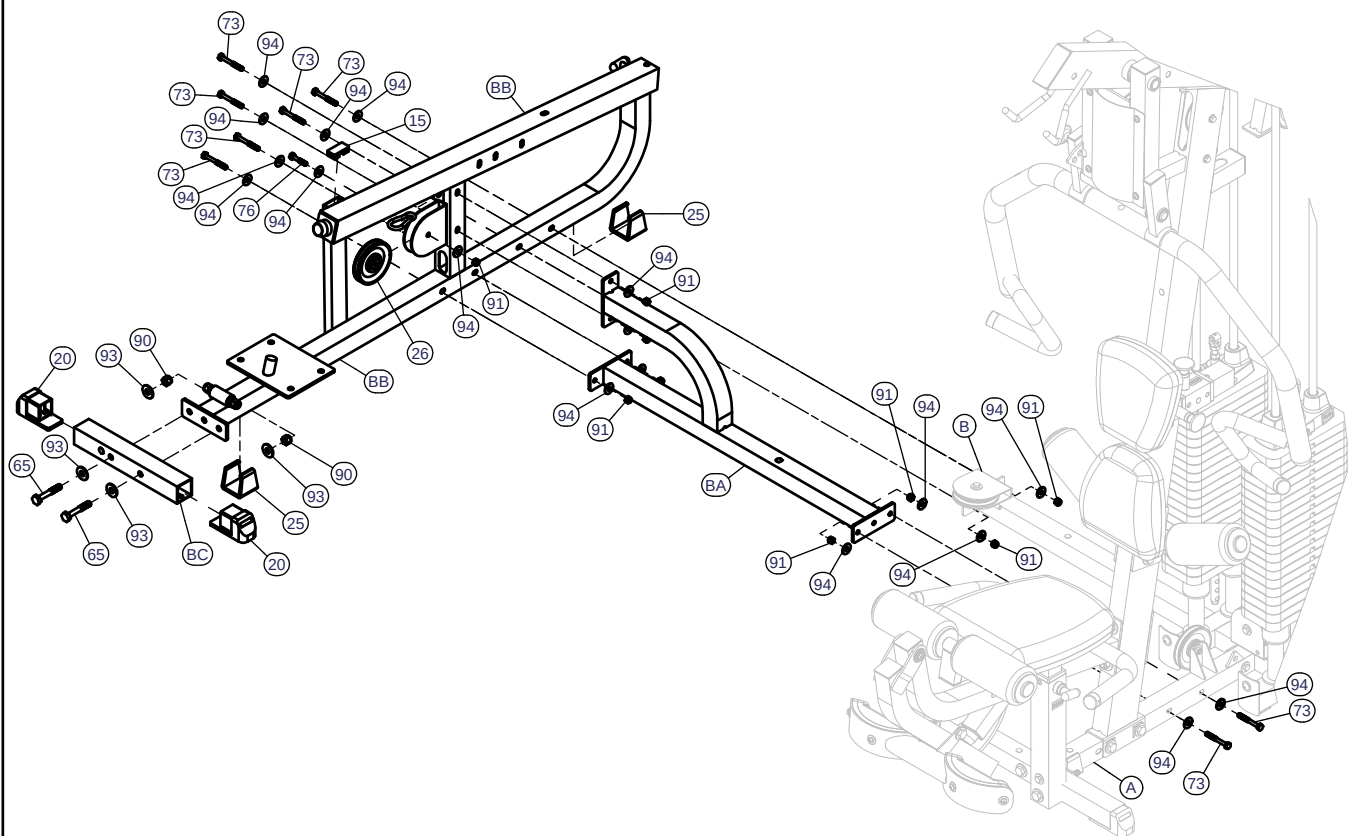
- A. Attach Leg Press Support (BA) to Main Base Frame (A) using:
Two 73 (3/8"x 2 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- B. Attach Leg Press Main Frame (BB) to Leg Press Support (BA) using:
Four 73 (3/8"x 2 3/4" hex head bolt)
Eight 94 (3/8" washer)
Four 91 (3/8" nylon lock nut)
- C. Attach Leg Press Main Frame (BB) to Side Base Frame (B) using:
Two 73 (3/8"x 2 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- D. Attach End Cap (15) to the top of Leg Press Main Frame (BB).
Attach two Frame Levelers (25) to the bottom of Leg Press Main Frame (BB).
Attach Pulley (26) to Leg Press Main Frame (BB) using:
One 76 (3/8"x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- E. Attach two Foot Caps (20) to each end of the Leg Press Front (BC).
Attach Leg Press Front (BC) to the front of Leg Press Main Frame (BB) using:
Two 65 (1/2"x 3" hex head bolt)
Four 93 (1/2" washer)
Two 90 (1/2" nylon lock nut)

Note:

**You should now wrench tighten all bolts and nuts in this step.
Do NOT re-tighten any of the pad bolts or pulley bolts.**



STEP 12



Above shows STEP 12
assembled and completed

STEP**13**

Be careful to assemble all components in the sequence they are presented.

Most of the main frame parts in this step will have BLUE dots.

- A. Slide two Pillow Block Bearings (45) onto lower shaft on Main Leg Press Pivot (BD) and leave allen screws loose.

NOTE:

Allen screws should both be on the inside.

- B. Attach two Pillow Block Bearings (45) to the plate at the front of Leg Press Frame (BB) using:

Four 66 (1/2"x 1 3/4" hex head bolt)

Eight 93 (1/2" Washer)

Four 90 (1/2" nylon lock nut)

- C. Attach Front Leg Press Pivot (BE) and Shaft (BF) to Leg Press Frame (BB) as shown using:

Two 41 (leg press oilite bushing)

Two 90 (1/2" nylon lock nut)

- D. Attach Foot Plate T-frame (BG) and Shaft (BF) to Front Leg Press Pivot (BE) as shown using:

Two 41 (leg press oilite bushing)

Two 90 (1/2" nylon lock nut)

- E. Attach Foot Plate T-frame (BG) and Shaft (BF) to Main Leg Press Pivot (BD) as shown using:

Two 41 (leg press oilite bushing)

Two 90 (1/2" nylon lock nut)

- F. Attach Foot Plate (BR) to Foot Plate T-frame (BG) using:

Two 64 (1/2"x 3 1/4" hex head bolt)

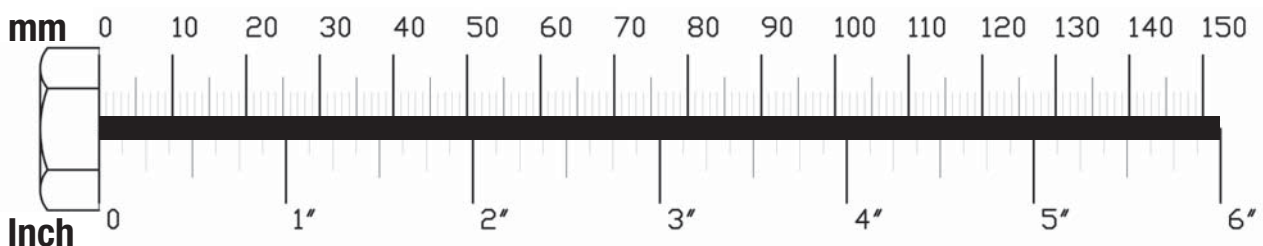
Four 93 (1/2" washer)

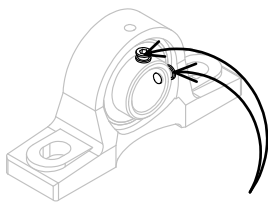
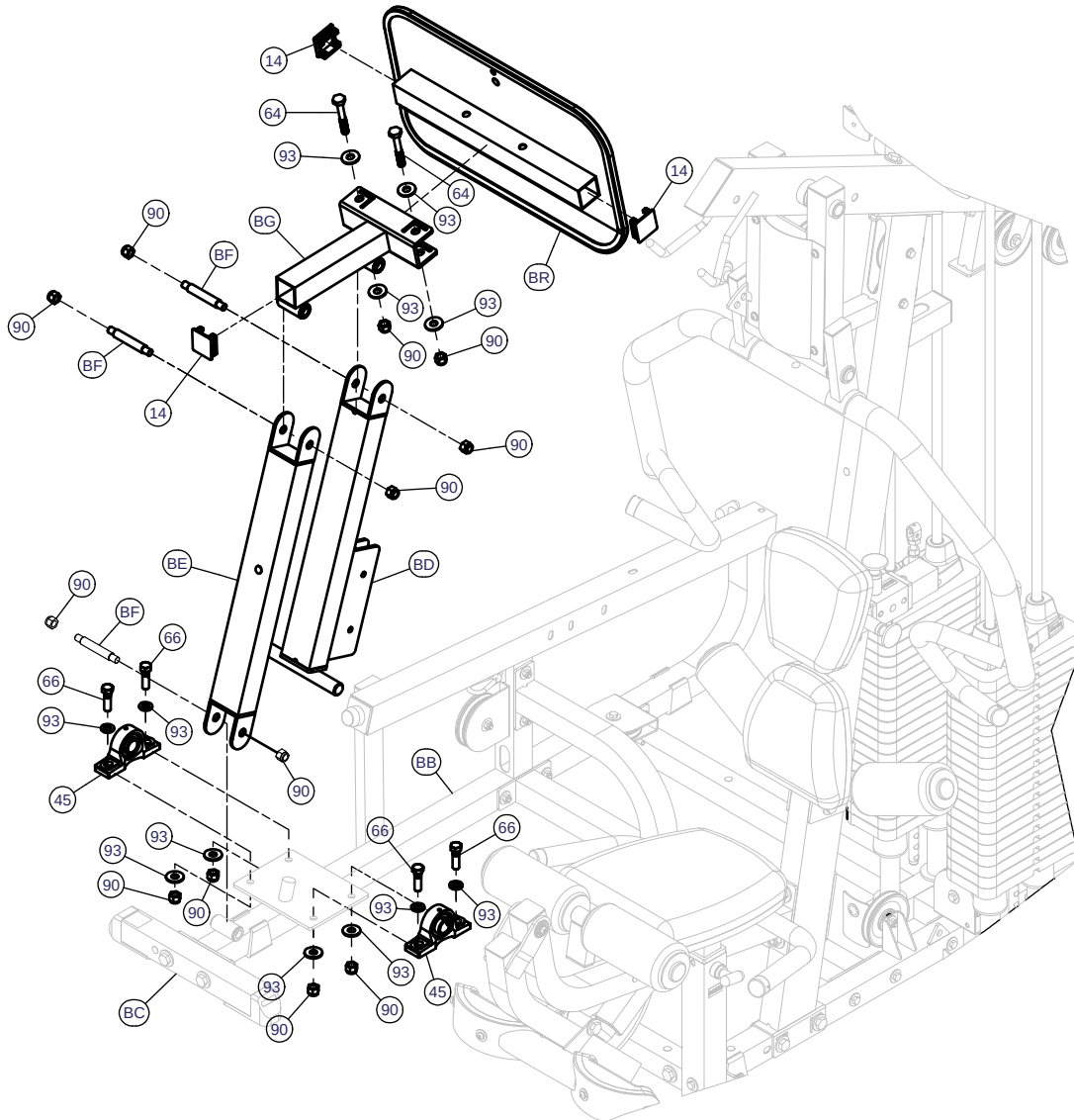
Two 90 (1/2" nylon lock nut)

Attach three End Caps (14) to each side of Foot Plate (BR) and front of Foot Plate T-frame (BG).

Note:

You should now wrench tighten all bolts and nuts in this step. Do NOT re-tighten any of the pad bolts or pulley bolts.

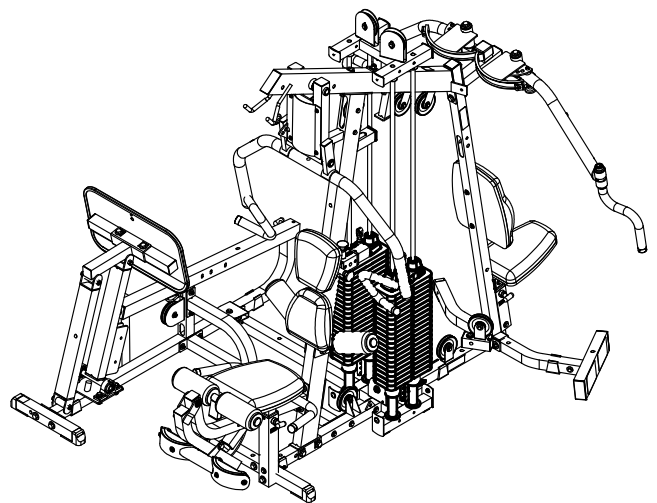




There are two small allen set screws in each Pillow Block Bearing(45).

For best alignment of this system you should loosen all allen set screws before instilling the Pillow Block Bearings(45)

The last end final step of the assembly process is to wrench tighten all of these allen set screw in all the Pillow Block Bearings(45)



Above shows STEP 13 assembled and completed

STEP**14**

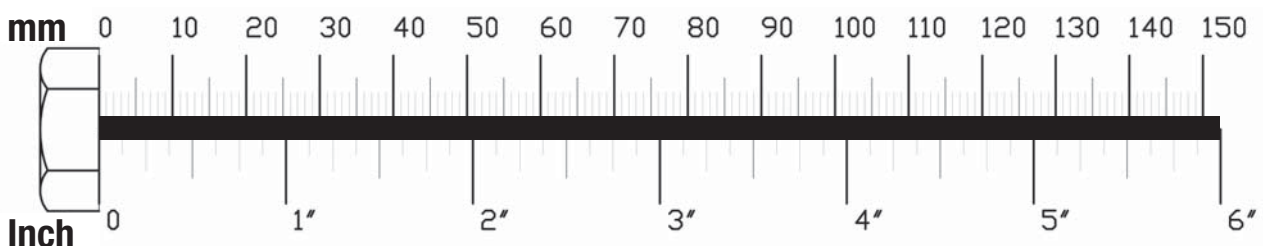
Be careful to assemble all components in the sequence they are presented.

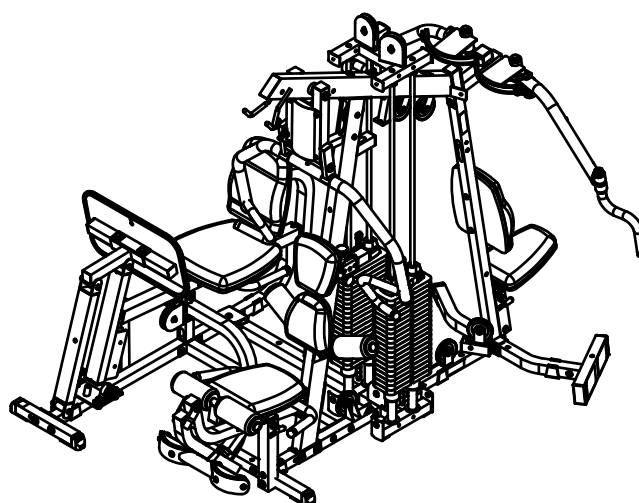
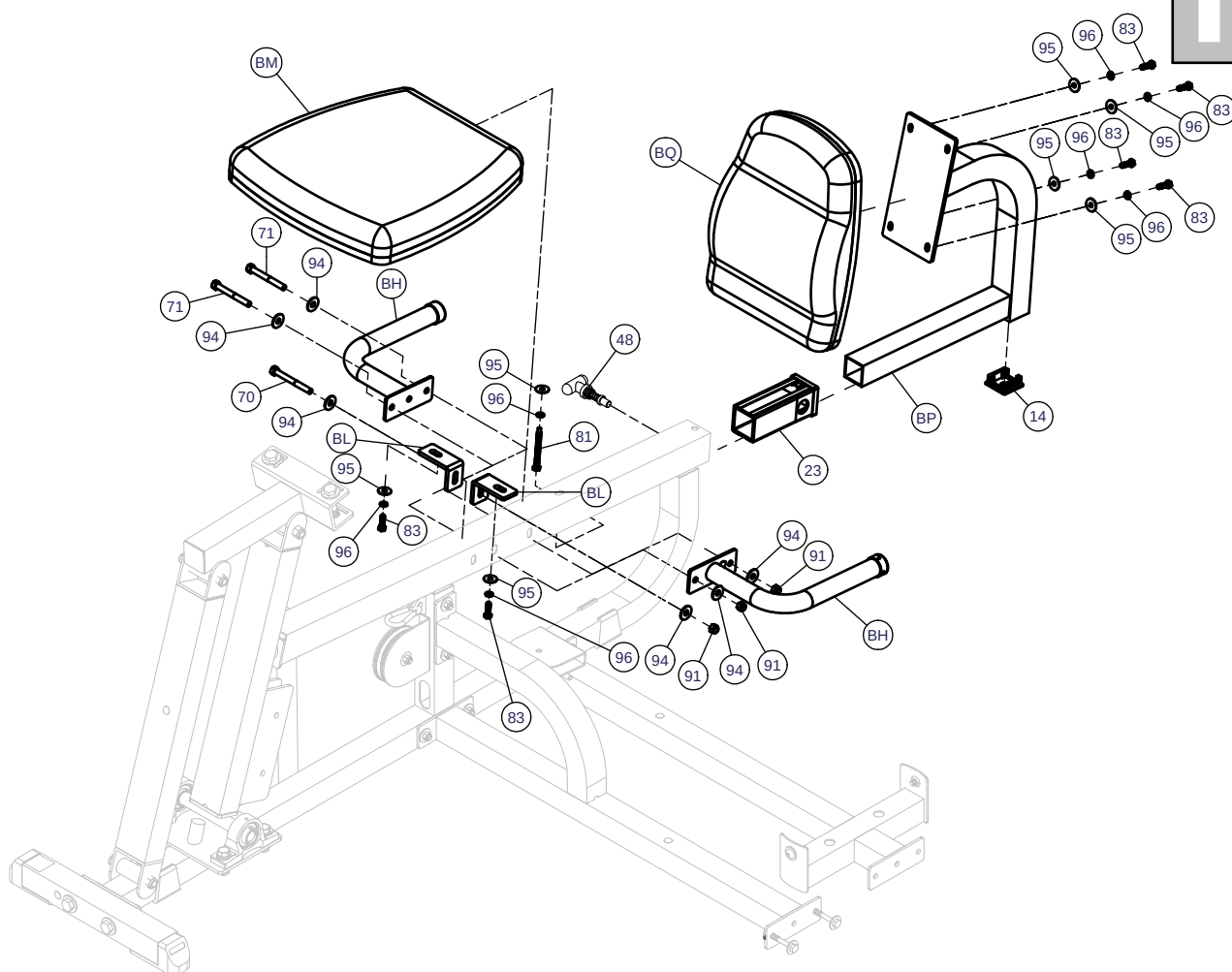
Most of the main frame parts in this step will have BLUE dots.

- A. Slide Round End Cap (29) onto Leg Press Handles (BH).
Attach Leg Press Handles (BH) onto Leg Press Frame (BB) using:
Two 71 (3/8"x 3 1/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- B. Attach two Seat Pad Flange (BL) to Leg Press Frame (BB) using:
One 70 (3/8"x 3 1/2" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- C. Attach Leg Press Seat Pad (BM) to the two Seat Pad Flange (BL) using:
Two 83 (5/16"x 1" hex head bolt)*
Two 96 (5/16" spring lock washer)
Two 95 (5/16" washer)
***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat.**
Over - tightening these bolts will cause T - nuts in pads to strip out.
- D. Attach Leg Press Seat Pad (BM) to Leg Press Frame (BB) using:
One 81 (5/16"x 3 1/4" hex head bolt)*
One 96 (5/16" spring lock washer)
One 95 (5/16" washer)
***Do NOT over-tighten this bolt. Tighten this bolt until spring lock washer is flat.**
Over - tightening this bolt will cause T - nut in pad to strip out.
- E. Slide Plastic Bushing (23) into Leg Press Frame (BB).
Slide Leg Press Back Pad Frame (BP) into Plastic Bushing (23) and hold in place with T-Shaped Pop Pin (48).
Attach End Cap (14) to the bottom of Leg Press Back Pad Frame (BP).
- F. Attach Leg Press Back Pad (BQ) to Leg Press Back Pad Frame (BP) using:
Four 83 (5/16"x 1" hex head bolt)*
Four 96 (5/16" spring lock washer)
Four 95 (5/16" washer)
***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat.**
Over - tightening these bolts will cause T - nuts in pads to strip out.

Note:

You should now wrench tighten all bolts and nuts in this step.
Do NOT re-tighten any of the pad bolts or pulley bolts.





Above shows STEP 14
assembled and completed

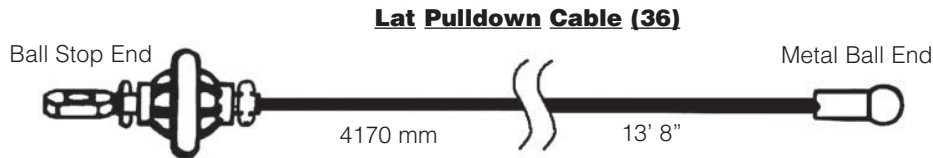
STEP

15

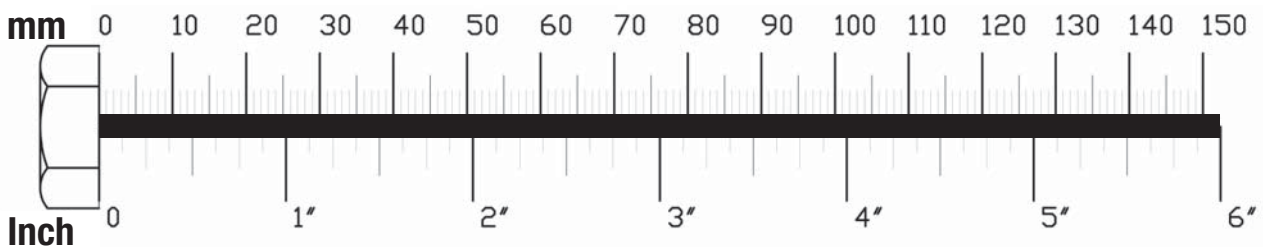
Be careful to assemble all components in the sequence they are presented.

NOTE:

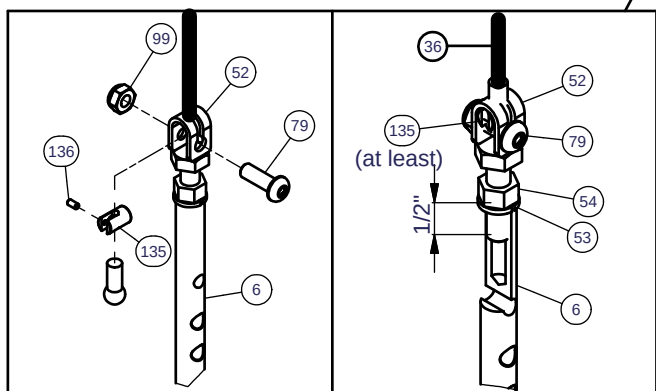
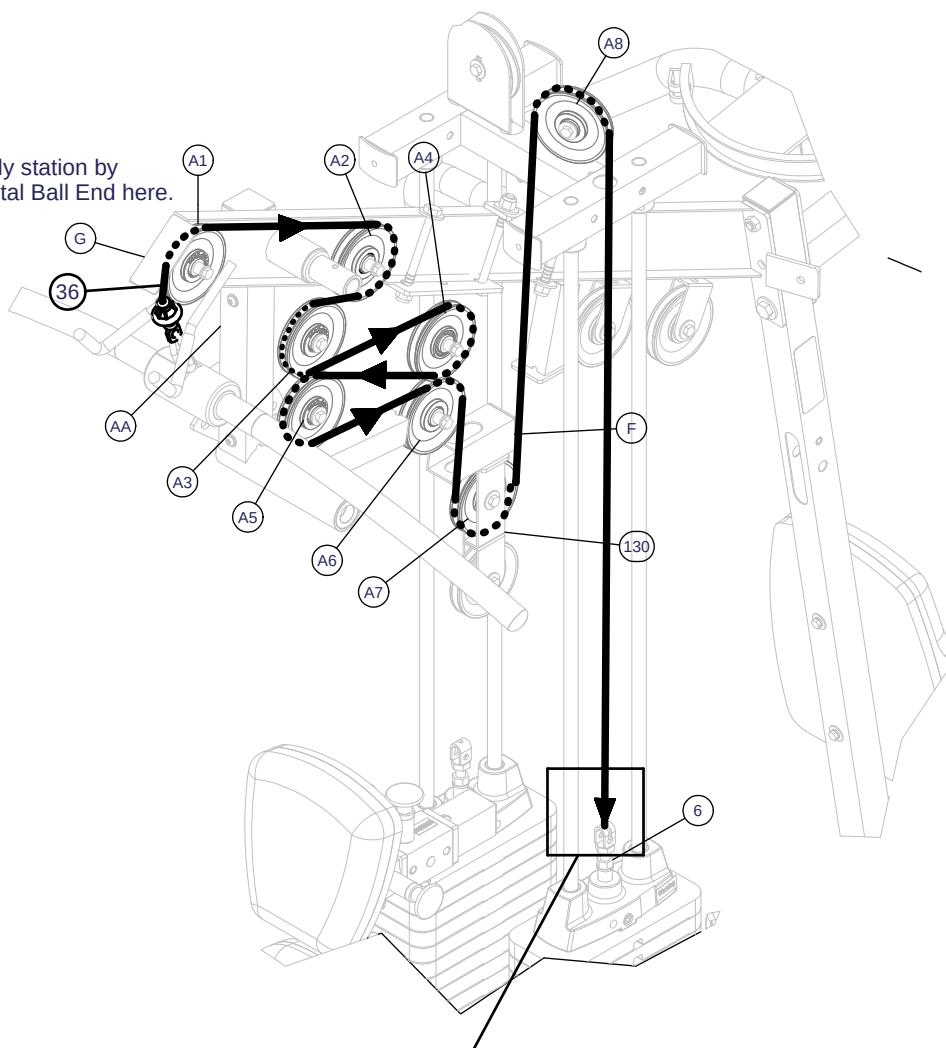
All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.



- A. Start at the front of the gym. Insert metal ball end of the Lat Pulldown Cable (36) into Top Main Frame (G), through the frame and out through the second opening. Pull entire length of Cable (36) all the way through. Install Pulley (A1) into the first opening, and Pulley (A2) into the second opening. Be sure that Cable (36) rides on top of these pulleys. Install each pulley using:
One 73 (3/8"x 2 3/4" hex head bolt)
Two 10 (pulley spacer)
One 91 (3/8" nylon lock nut)
 - B. Remove Pulley (A3), route Cable (36) inside pulley housing as shown, and re-install Pulley (A3).
 - C. Remove Pulley (A4), route Cable (36) around Pulley (A4) as shown, and re-install Pulley (A4).
 - D. Remove Pulley (A5), route Cable (36) inside pulley housing as shown, and reinstall Pulley (A5).
 - E. Route Cable (36) over Pulley (A6). Route Cable (36) down through opening in the small arm sticking out of the Front Vertical Frame (F). Pull entire length of Cable (36) through.
 - F. Route Cable (36) through the Double Pulley Holder (130) as shown and install Pulley (A7) using:
One 76 (3/8"x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
 - G. Route Cable (36) up and over Pulley (A8)* and then down toward weight stack.
- *Note:**
Leave the bolt going through Pulley (A8) hand tight until the end of Cable Adjustments in Step 21.
- H. Remove Bolt (56) from Selector Rod Top Bolt (52), slide Cable (36) through Selector Rod Top Bolt (52). Attach Cable End Shaft (135) and tighten Allen Screw (136). Pull Cable (36) tight, so Cable End Shaft (135) fits inside Selector Rod Top Bolt (52). Reinstall Bolt (56) in Selector Rod Top Bolt (52).

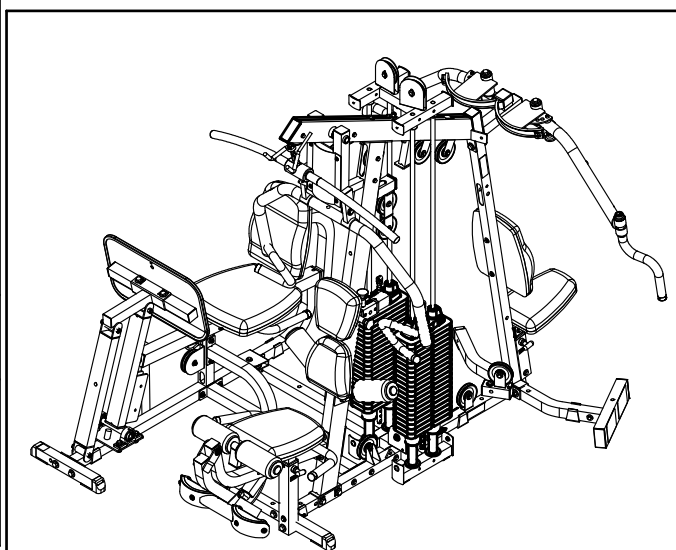


Start at high pulley station by inserting the Metal Ball End here.



! WARNING !

Selectoe Eod Top Bolt(52) must be threaded a minumum of 1/2" into the Selector Rod (6),and Jam Nut (54) tightened securely against spring lock washer (53) to ensure proper connection.Check the Jam Nut (54) once a week to make sure it is tight.



Above shows STEP 15 assembled and completed

STEP

16

Be careful to assemble all components in the sequence they are presented.

NOTE:

All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.

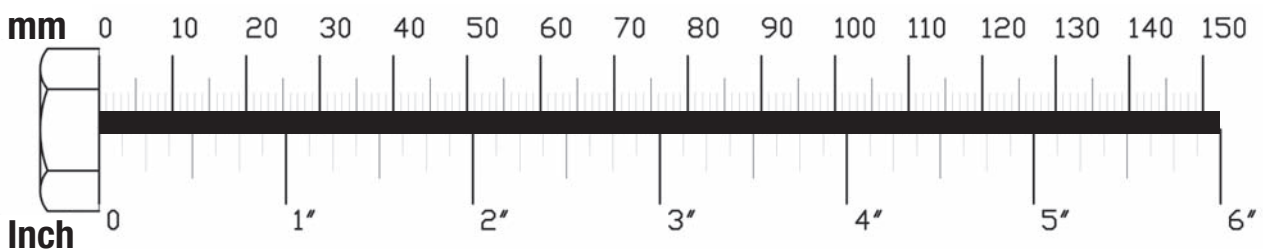
Leg Extension Cable (37)



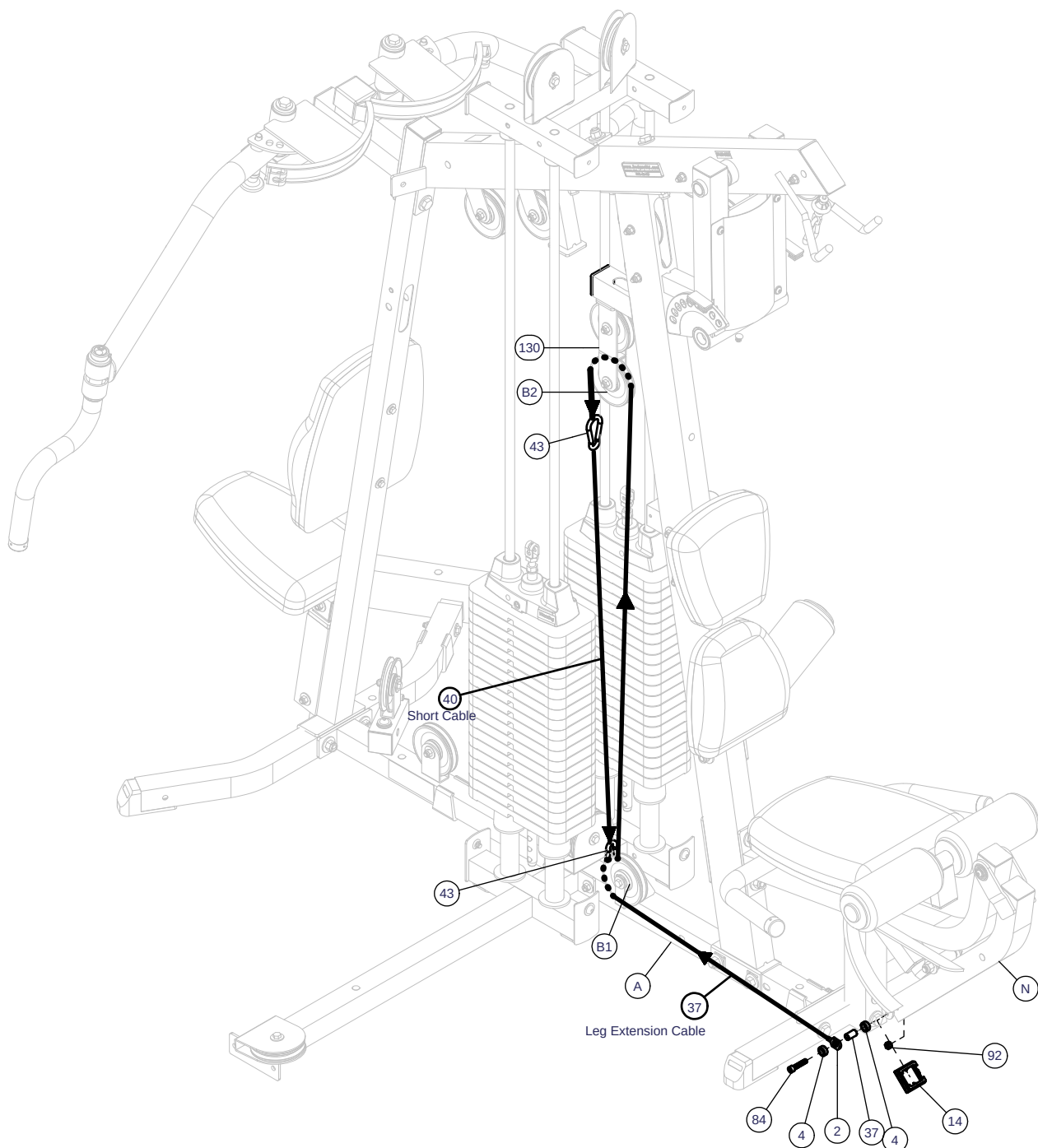
Short Cable (40)



- A. Attach either stamped eye end of Leg Extension Cable (37) to Leg Extension Arm (N) using:
One 84 (5/16"x 1 1/2" flat allen head)
Two 4 (3/4" steel bushing)
One 2 (1/2" steel sleeve)
One 92 (5/16" nylon lock nut)
- B. Route Cable (37) under Pulley (B1) and up toward Double Pulley Holder (52).
- C. Route Cable (37) Inside the bottom portion of Double Pulley Holder (130) as shown, and install Pulley (B2) using:
One 76 (3/8"x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- D. Attach stamped eye end of Short Cable (40) to Cable (37) using a Snap Link (43). Attach the chain end of Cable (40) to the Main Base Frame (A) using another Snap Link (43).



STEP
16



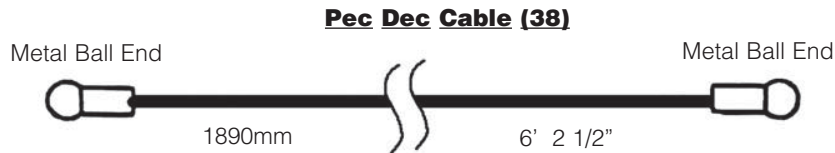
STEP

17

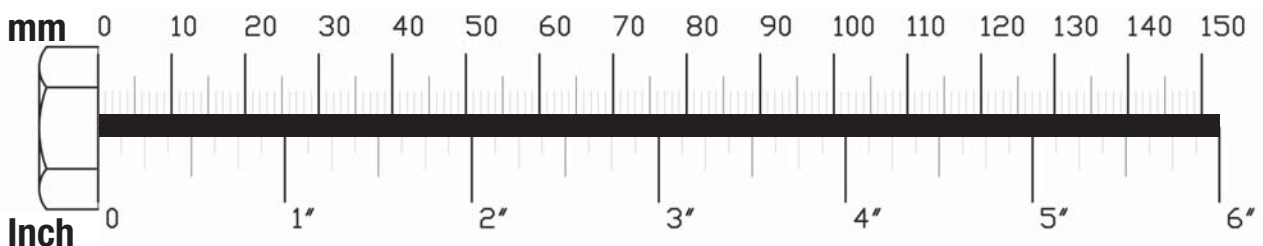
Be careful to assemble all components in the sequence they are presented.

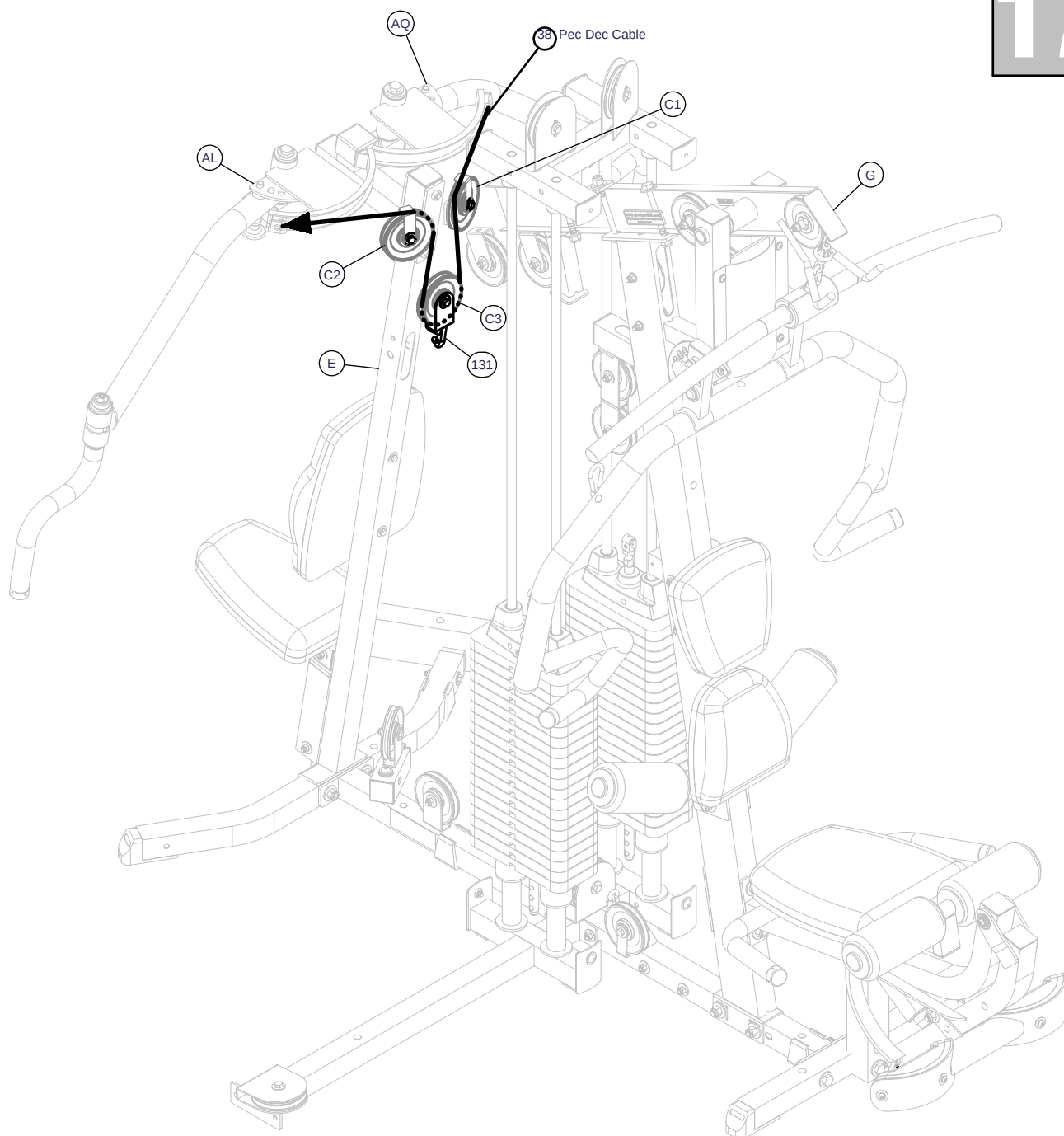
NOTE:

All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.



- A. Attach metal ball end of Pec Dec Cable (38) to Right Pec Dec Cam (AQ) and route under Top Main Frame (G).
- B. Attach the other ball end of Cable (38) to Left Pec Dec Cam (AL).
- C. Attach Pulley (C1) to flange on Top Main Frame (G) behind Right Pec Dec Cam (AQ) using:
One 76 (3/8"x 1 3/4" hex head bolt)
One 7 (pulley cable guide)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
 Route Pec Dec Cable (38) over Pulley (C1).
- D. Attach Pulley (C2) to flange on Top Main Frame (G) behind Left Pec Dec Cam (AL) using:
One 76 (3/8"x 1 3/4" hex head bolt)
One 7 (pulley cable guide)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
 Route Pec Dec Cable (38) over Pulley (C2).
- E. Hang Pec Dec Pulley Holder (131) on Pec Dec Cable (38) as shown and install Pulley (C3) using:
One 76 (3/8"x 1 3/4" hex head Bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)





STEP

18

Be careful to assemble all components in the sequence they are presented.

NOTE:

All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.

Ab Crunch Cable (39)

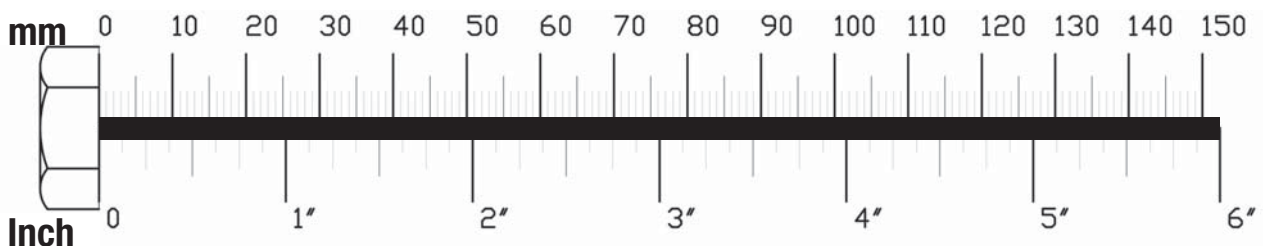


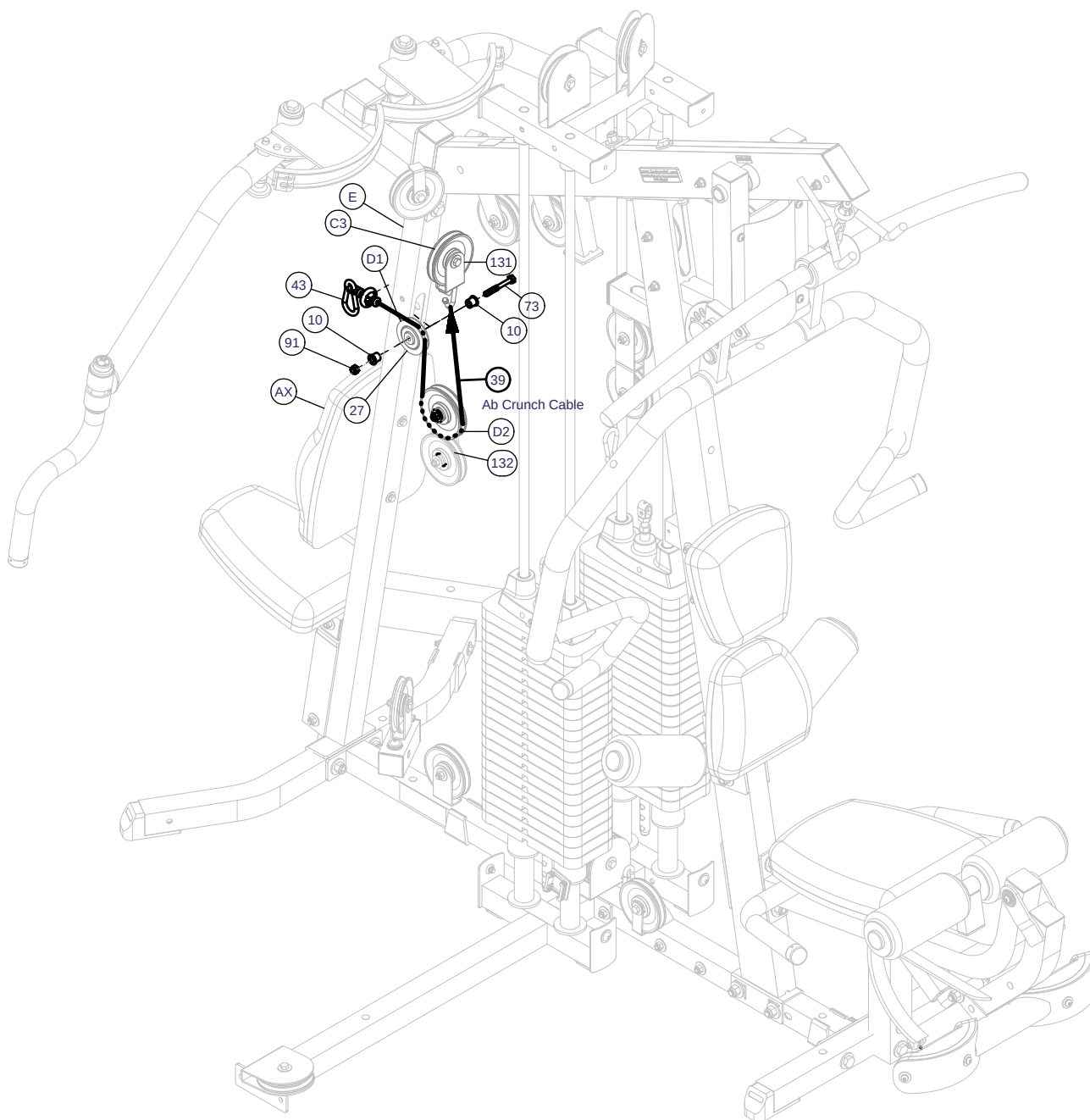
- A. Insert chain end of the Ab Crunch Cable (39) into the opening above Back Pad (AX), and pull entire length through.

NOTE:

You will now need the 3" diameter Pulley (27), for the next step.

- B. Insert 3" Pulley (27) into the Rear Vertical Frame (E) under Cable (39) using:
Two 10 (pulley spacer)
One 73 (3/8"x 2 3/4" hex head bolt)
One 91 (3/8" nylon lock nut)
- C. Attach chain end of Cable (39) to the bottom of Pec Dec Pulley Holder (131).
- D. Hang Pulley (D2) from on Cable (39) as shown using two Pulley Plates (132) and:
One 76 (3/8"x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)





STEP

19

Be careful to assemble all components in the sequence they are presented.

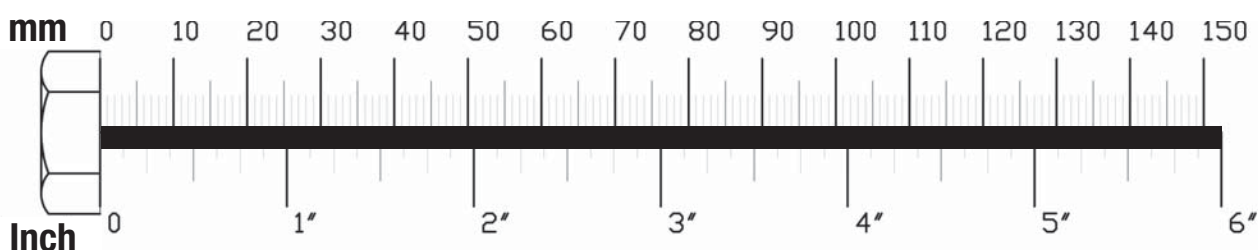
NOTE:

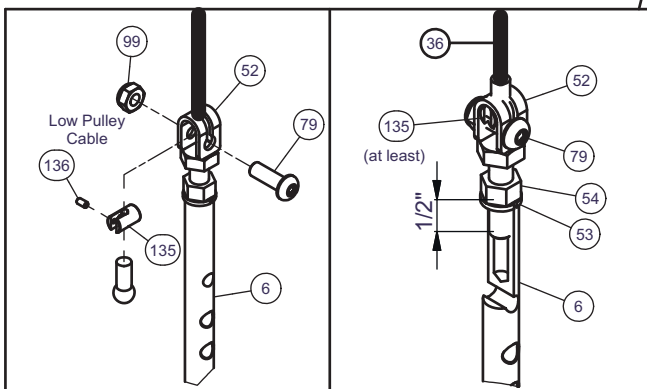
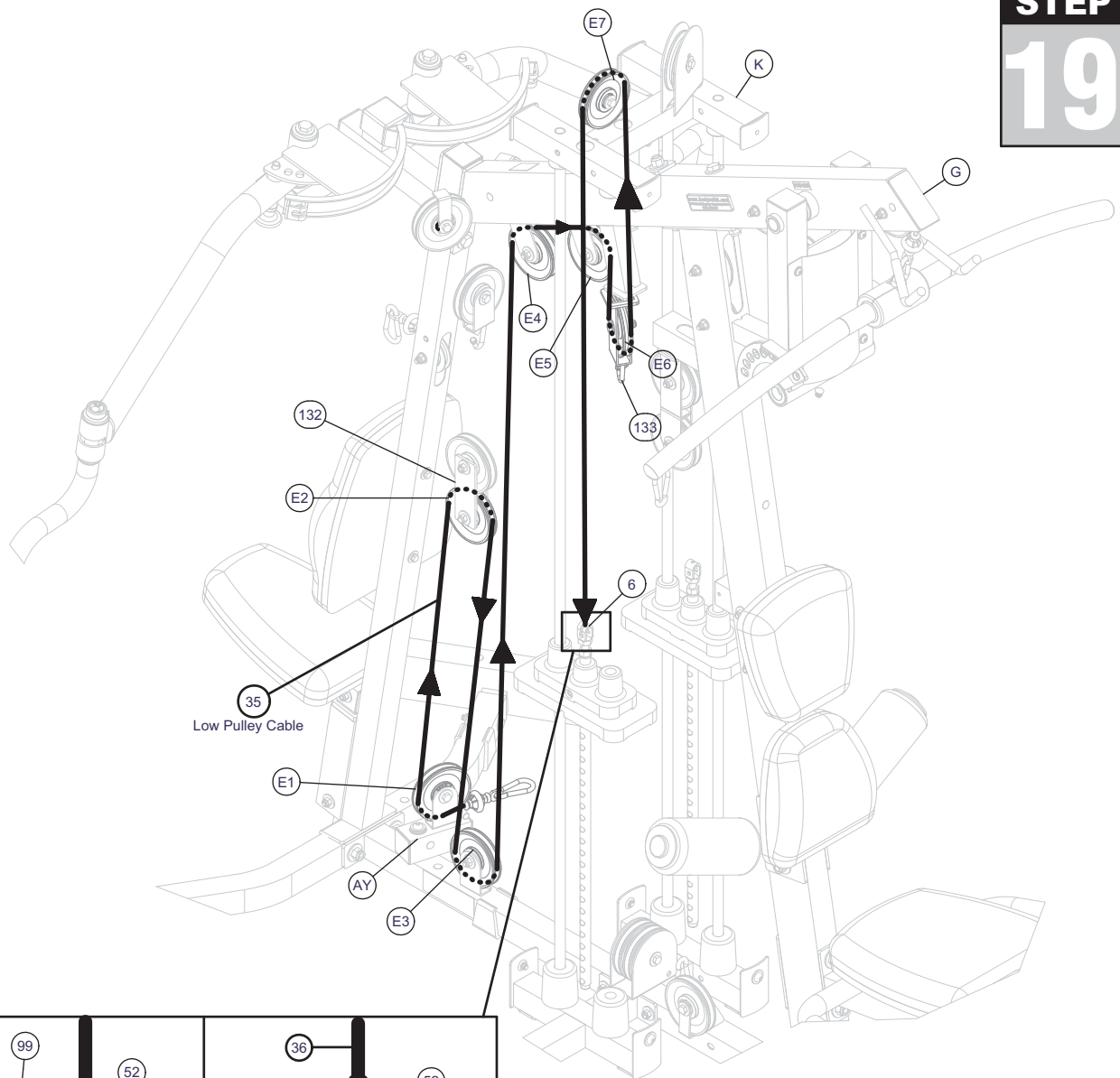
All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.

Low Pulley Cable (35)



- A. Insert metal ball end of Low Pulley Cable (35) at Low Pulley Frame (AY). Insert metal ball end of Cable (35) under Pulley (E1).
 - B. Route Cable (35) over Pulley (E2), and attach Pulley (E2) to the bottom of Pulley Plates (132) using:
One 76 (3/8"x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
 - C. Route Cable (35) under Pulley (E3).
 - D. Route Cable (35) over Pulleys (E4) and (E5).
 - E. Route Cable (35) through Pulley Holder With Hook (133) as shown. Install Pulley (E6) using:
One 76 (3/8"x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
 - F. Remove Pulley (E7) from pulley housing. Insert Cable (35) into pulley housing as shown and reinstall Pulley (E7).*
- *Note:**
Leave the bolt going through Pulley (E7) hand tight until the end of Cable Adjustments in Step 21.
- G. Remove Bolt (56) from Selector Rod Top Bolt (52), slide Cable (35) through Selector Rod Top Bolt (52). Attach Cable End Shaft (135) and tighten Allen Screw (136). Pull Cable (36) tight, so Cable End Shaft (135) fits inside Selector Rod Top Bolt (52). Reinstall Bolt (56) in Selector Rod Top Bolt (52).





⚠ WARNING ⚠

Selectoe Eod Top Bolt(52) must be threaded a minimum of 1/2" into the Selector Rod (6),and Jam Nut (54) tightened securely against spring lock washer (53) to ensure proper connection.Check the Jam Nut (54) once a week to make sure it is tight.

STEP

20

Be careful to assemble all components in the sequence they are presented.

NOTE:

All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.

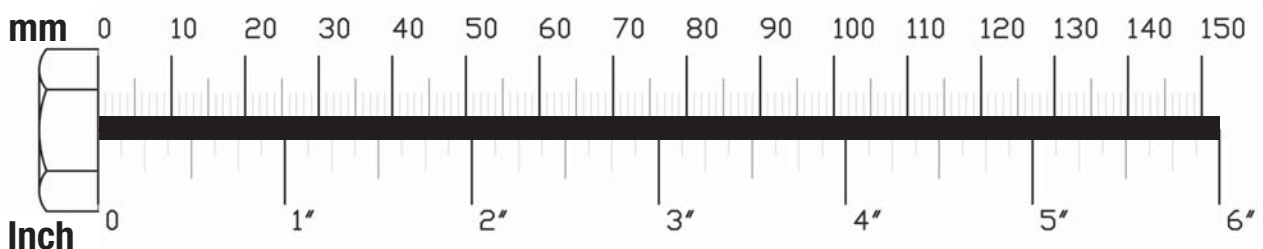
Leg Press Cable (34)



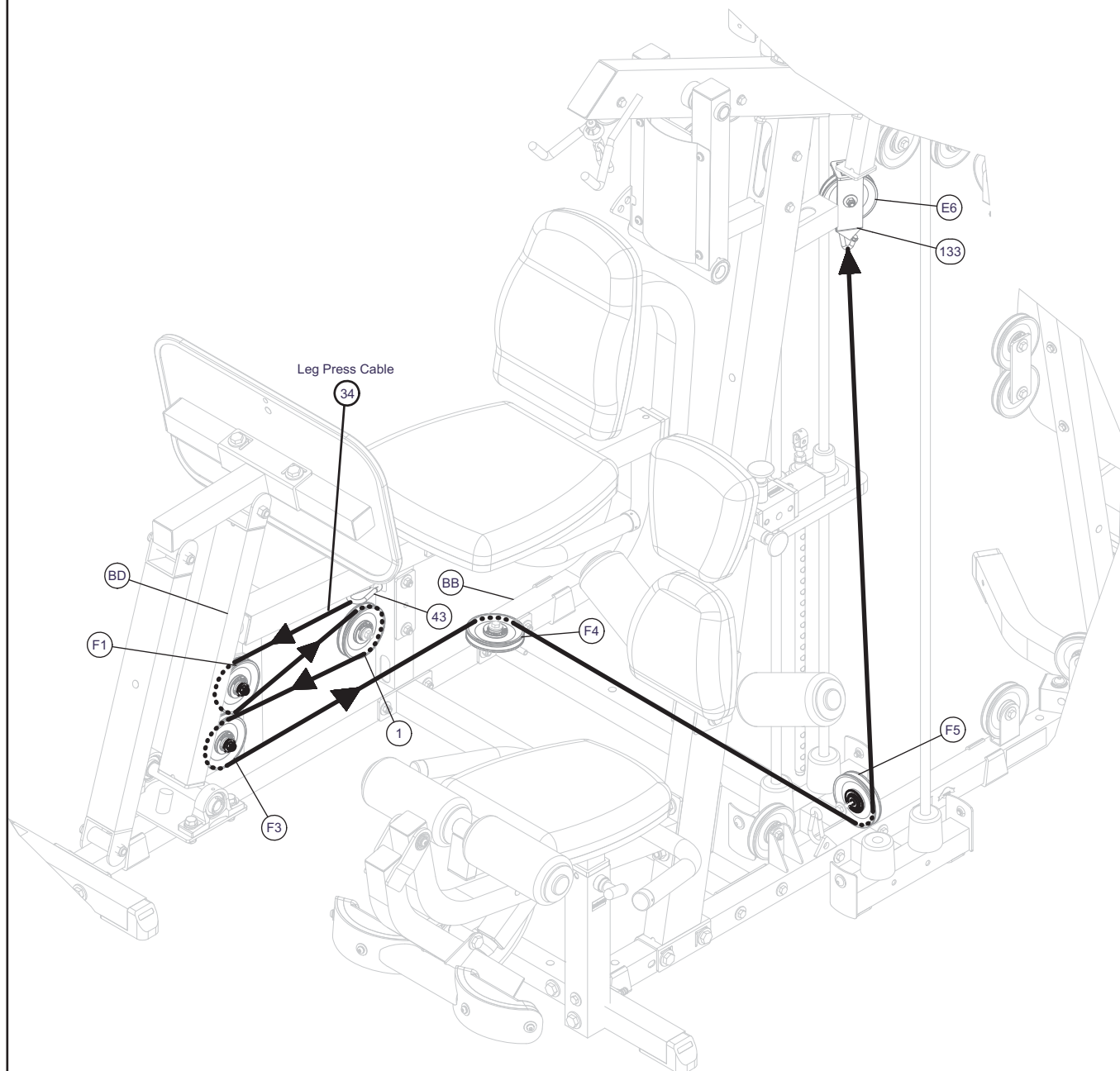
- A. Attach the chain end of Leg Press Cable (34) to Leg Press Frame (BB) with Snap Link (43).
- B. Route Cable (34) into the top of pulley housing in Leg Press Pivot (BD) as shown and install Pulley (F1) using:
One 75 (3/8"x 2" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- C. Route Cable (34) over Pulley (F2) as shown.
- D. Route Cable (34) back into the bottom of pulley housing in Leg Press Pivot (BD) and install Cable (34) over Pulley (F3) using:
One 75 (3/8"x 2" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- E. Route Cable (34) through the opening in the support column of Leg Press Frame (BB). Pull entire length of Cable (34) through. Route Cable (34) around Pulley (F4) as shown and toward Pulley (F5).
- F. Route Cable (34) under Pulley (F5) and up to the bottom of Pulley Holder With Hook (133). Attach Cable (34) to Pulley Holder With Hook (133).

Note:

You should now wrench tighten all bolts and nuts.
Except the pad bolts, Never re-tighten any pad bolts.



STEP
20



**NOW IS THE TIME TO MAKE ALL NECESSARY
CABLE ADJUSTMENTS**

After cable installation is complete you must check all cables for proper tension. Obvious signs that cable tension problems exist include:

- ☐ Top Plates (8) do not rest directly on the top weight stack plates.
- ☐ The holes in the Selector Bar (6) do not line up with the holes in the Weight Stack Plates.
- ☐ Cable(s) are sloppy and there is no resistance from the weight stack for the first few inches of the exercise.

There are TEN areas for cable adjustment on the G9U:

- (A) TWO Selector Rod Top Bolts (52)
- (B) THREE Rubber Stops (42)
- (C) THREE Adjustable Chains on cables (34), (39), (40).
- (D) TWO Adjustments in pulley housing on Top Pulley Frame (K)

SEE NOTE 1 AND NOTE 2 ON PAGE 51.

If there is too much tension, and the Top Plate (8) is not resting directly on the top weight stack plate:

- 1st.- Turn and tighten the Rubber Stop (B).
- 2nd.- Move Snap Link (C) to add a link.
- 3rd.- Move pulley down to a lower hole in pulley housing on Top Pulley Frame (K).

If there is too much play or excessive slack:

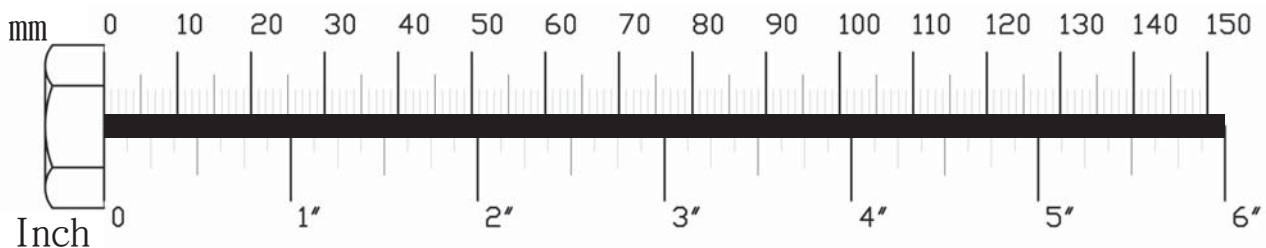
- 1st.- Turn and loosen the Rubber Stop (B).
- 2nd.- Move Snap Link (C) to minus a link.
- 3rd.- Move Pulley up to a higher hole in pulley housing on Top Pulley Frame (K).
- 4th.- Screw the Selector Bar Top Bolt (52) farther into the Selector Bar (6) of the Weight Stack.

NOTE:

Cables should be inspected daily and adjusted periodically to ensure safe and smooth operation.

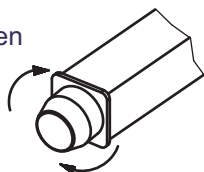
NOTE:

After cable adjustment is complete, go back and tighten two bolts in pulley housing on Top Pulley Frame (K).



B.Rubber Stop(42)

Tighten

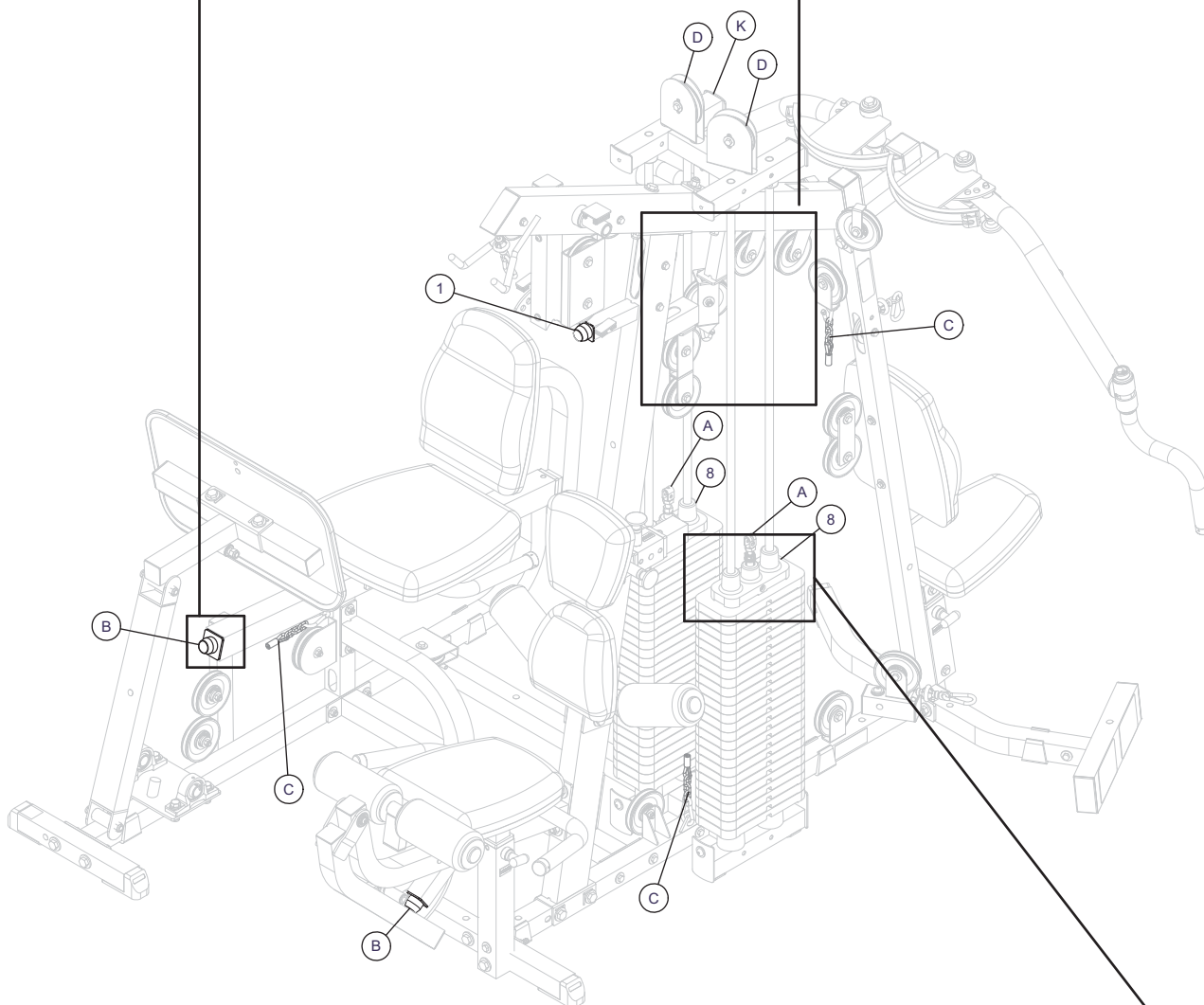


NOTE 1

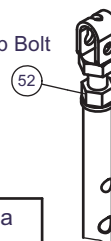
Before beginning final cable adjustments, be sure that both of these pulley housing nutt-up as close as possible to the welded stops on the frame pieces.

STEP

21



Selector Rod Top Bolt



NOTE 2

Check lock nut weekly to be sure it is tight and locked on to the Selector Eod.
(See page 61)

⚠ WARNING ⚠

Selector Eod Top Bolt(52) Must be threaded a minimum of a 1/2" into the Selector Rod (6), and Lock Nut (54) tightened securely to ensure proper connection.

STEP**22**

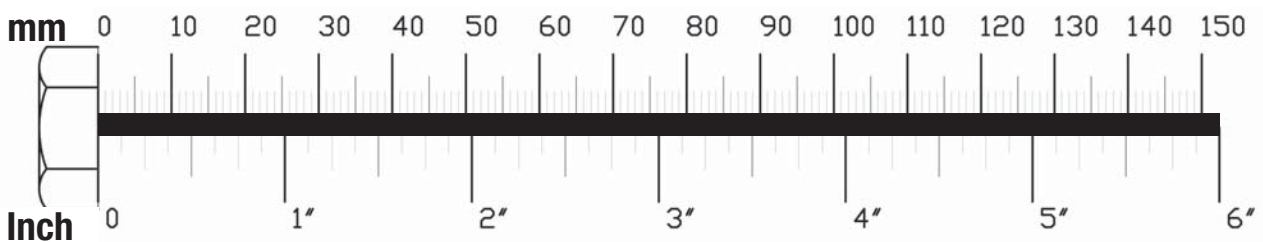
Be careful to assemble all components in the sequence they are presented.

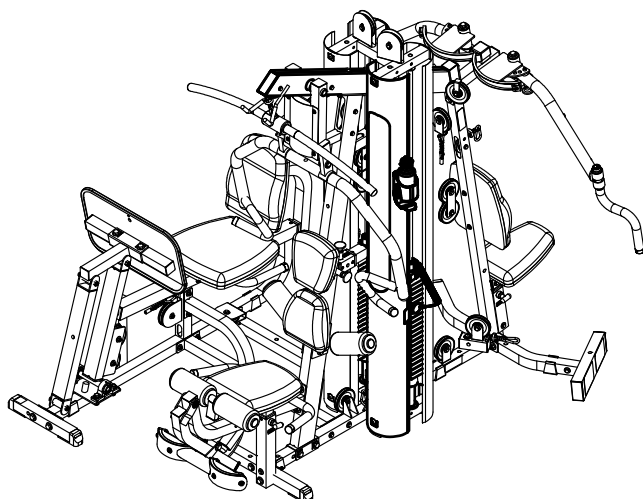
SEE NOTE 1:

- A. Apply weight stack numbers to weight stack Top Plate (8) and each Weight Stack Plate as shown.

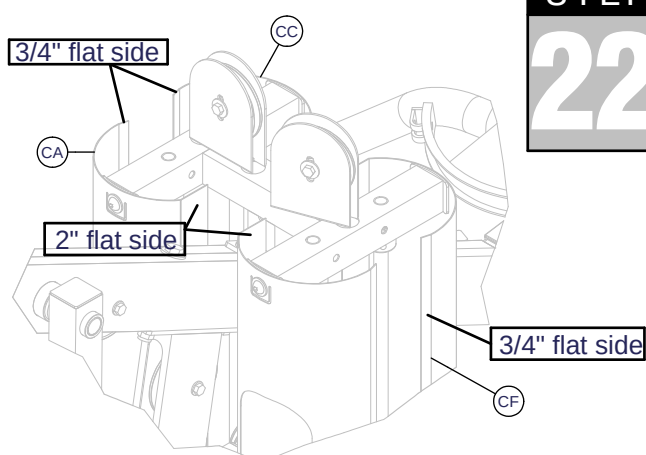
SEE NOTE 2: Note the shape of each shroud for proper placement.

- B. Weight Stack Shroud (CA) is pre-assembled with Shroud Insert (CB). Attach Weight Stack Shroud (CA) to the side of the weight stack as shown. Bolt onto Side Base Frame (B) and Top Pulley Frame (K) using:
Two 87 (M10 x16L round allen head)
Two 98 (M10 washer)
- C. Attach Weight Stack Shroud (CC) to the other side of this weight stack using:
Two 87 (M10 x16L round allen head)
Two 98 (M10 washer)
- D. Weight Stack Shroud (CD) is pre-assembled with Shroud Insert (CE). Attach Weight Stack Shroud (CD) to the side of the weight stack as shown. Bolt onto Main Base Frame (A) and Top Pulley Frame (K) Using:
Two 87 (M10 x16L round allen head)
Two 98 (M10 washer)
- E. Attach Weight Stack Shroud (CF) to the other side of this weight stack using:
Two 87 (M10 x16L round allen head)
Two 98 (M10 washer)





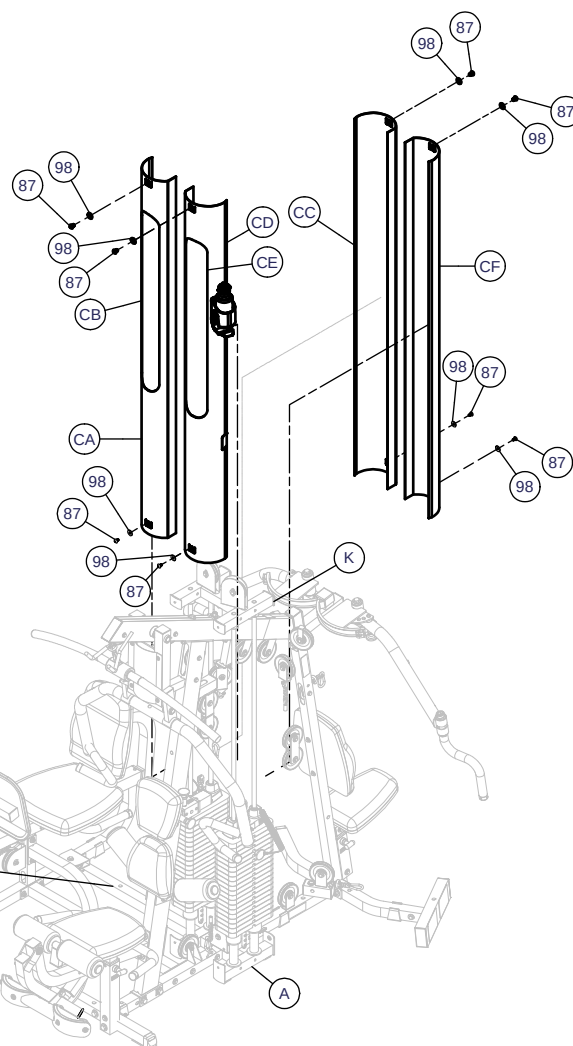
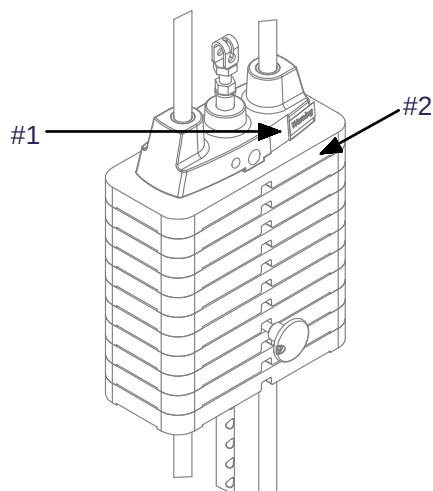
Above shows STEP 22 assembled and completed

**NOTE 2**

This is the top view of the four Weight Stack Shrouds. Note the shape of each shroud for proper placement

NOTE 1

Apply weight stack numbers to the Weight Stack Plates(51). Start at the Top Plate(8) with the number 1, end the first plate should be number 2. The following Weight Stack Plates (51) should be numbered in sequential order down through the stack.



A d j u s t m e n t s

Congratulations! You are done. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

Note: If any bolts seem to loosen periodically, use Loctite 242 for a long-term cure.

This gym is capable of a variety of different exercises, as well as, smooth and user-friendly adjustment features. The following pages of adjustments will help you to familiarize yourself with your new gym. We hope you are completely satisfied with this product and wish you many years of enjoyment.

1. SEATED PRESS ARMS (AC) ADJUSTMENT

- A. Grasp the Seated Press Arm (AC) with your left hand.
- B. Pull the Ball Head Pop Pin (57) with your right hand to release the Seated Press Arm.
- C. Adjust the Seated Press Arm to the desired position (depending on the exercise you are performing).
- D. Release the Ball Head Pop Pin, and make sure it is fully engaged into the selector hole.

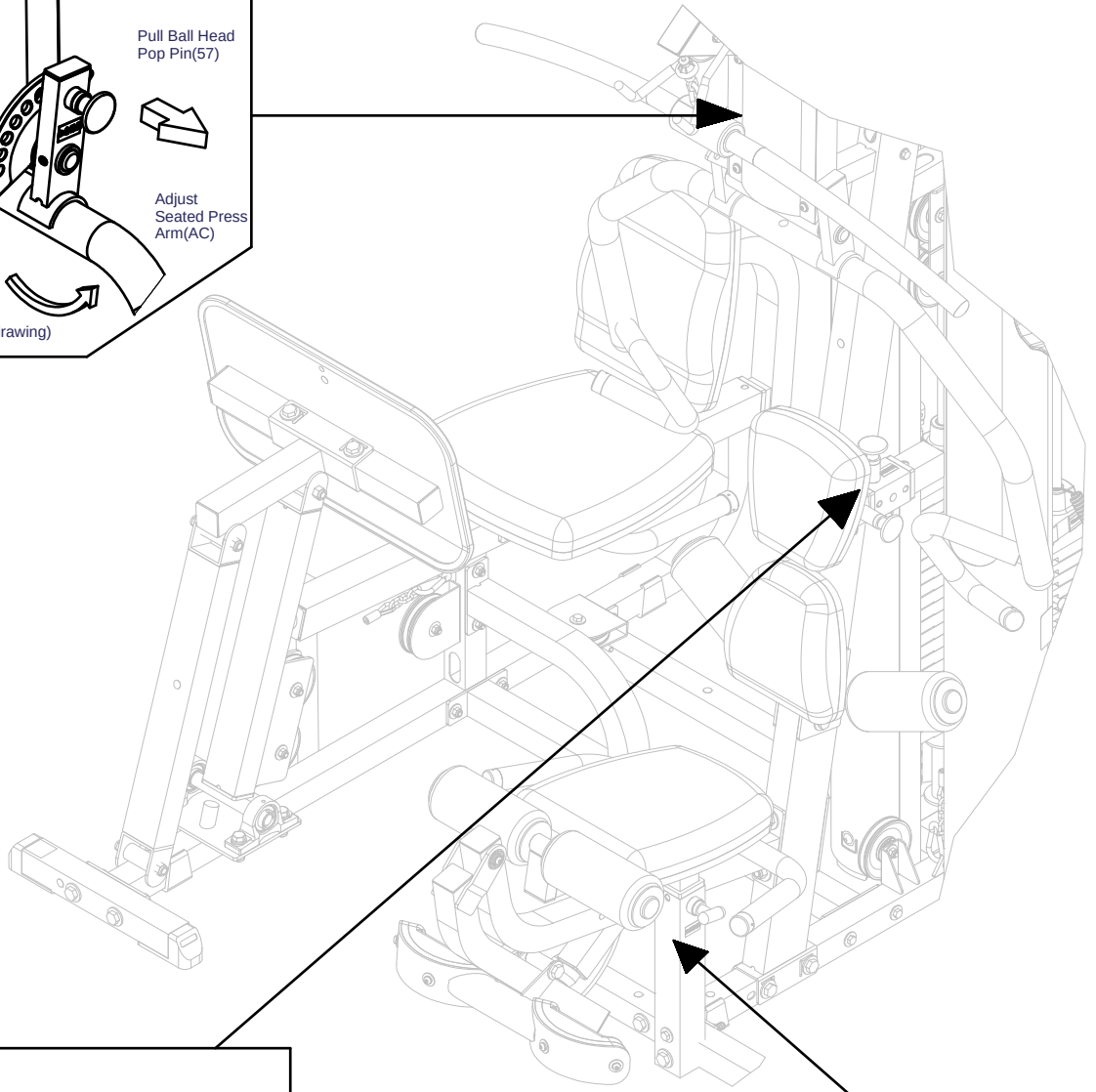
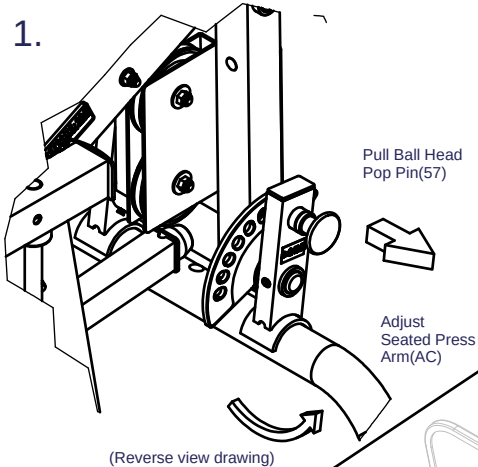
2. UPPER BACK PAD (ZA) ADJUSTMENT

- A. Grasp the Upper Back Pad (ZA).
- B. Pull the Ball Head Pop Pin on top of the Back Pad Holder to release Back Pad Adjuster. There are two adjustment positions.
- C. For certain exercises you may wish to fine Tune your adjustment by pulling the Ball Head Pop Pin on the side of the Back Pad Adjuster, this will release the Back Pad Insert. There are six additional adjustment positions.
- D. Adjust the Upper Back Pad (ZA) to the desired position.
- E. Release the Ball Head Pop Pin(s) and make sure they are fully engaged into the selector hole(s) of the Back Pad Insert(s).

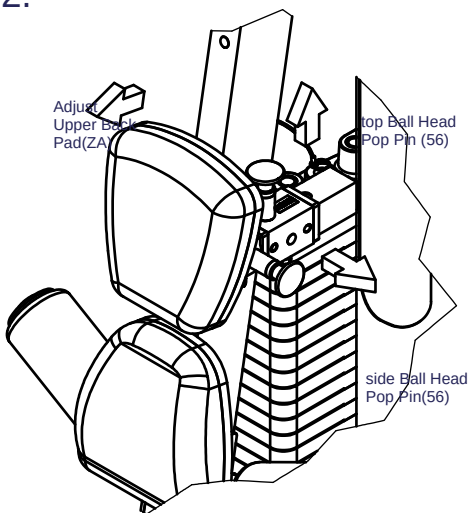
3. LEG EXTENTION SEAT PAD (V) ADJUSTMENT

- A. Grasp the Leg Extention Seat Pad (V).
- B. Turn the T-Shaped Pop Pin (48) counter clockwise to unlock it, and then pull the Pop Pin to release the Leg Extention Seat Pad.
- C. Adjust the Leg Extention Seat Pad (V) to the desired position.
- D. Release the T-Shaped Pop Pin (48) and make sure it is fully engaged into the selector hole of the Leg Extention Seat Pad Frame. Turn Pop Pin clockwise to lock it in place.

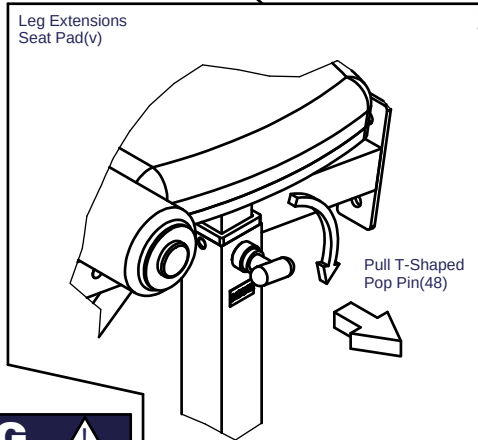
1.



2.



3.



⚠ WARNING ⚠

Pay special attention to the plunger on this Pop Pin (48). Always be sure that the plunger is fully engaged into the hole you select. Also, be sure that the spring in the Pop Pin (48) operates freely. Failure to do so may result in serious injury.

Make sure Pop Pin(48) is fully engaged into selector hole, and then turn clockwise to lock it in place.

A d j u s t m e n t s

4. PEC DEC ARM (AK) or (AP) ADJUSTMENT

- A. Grasp Pec Dec Arm (AK) or (AP).
- B. Pull the Ball Head Pop Pin (50) to release the Pec Dec Arm (AK) or (AP).
- C. Adjust the Pec Dec Arm to the desired position.
- D. Release the Ball Head Pop Pin (50) and make sure that it is fully engaged into the selector hole.

5. PEC DEC SEAT PAD (AW) ADJUSTMENT

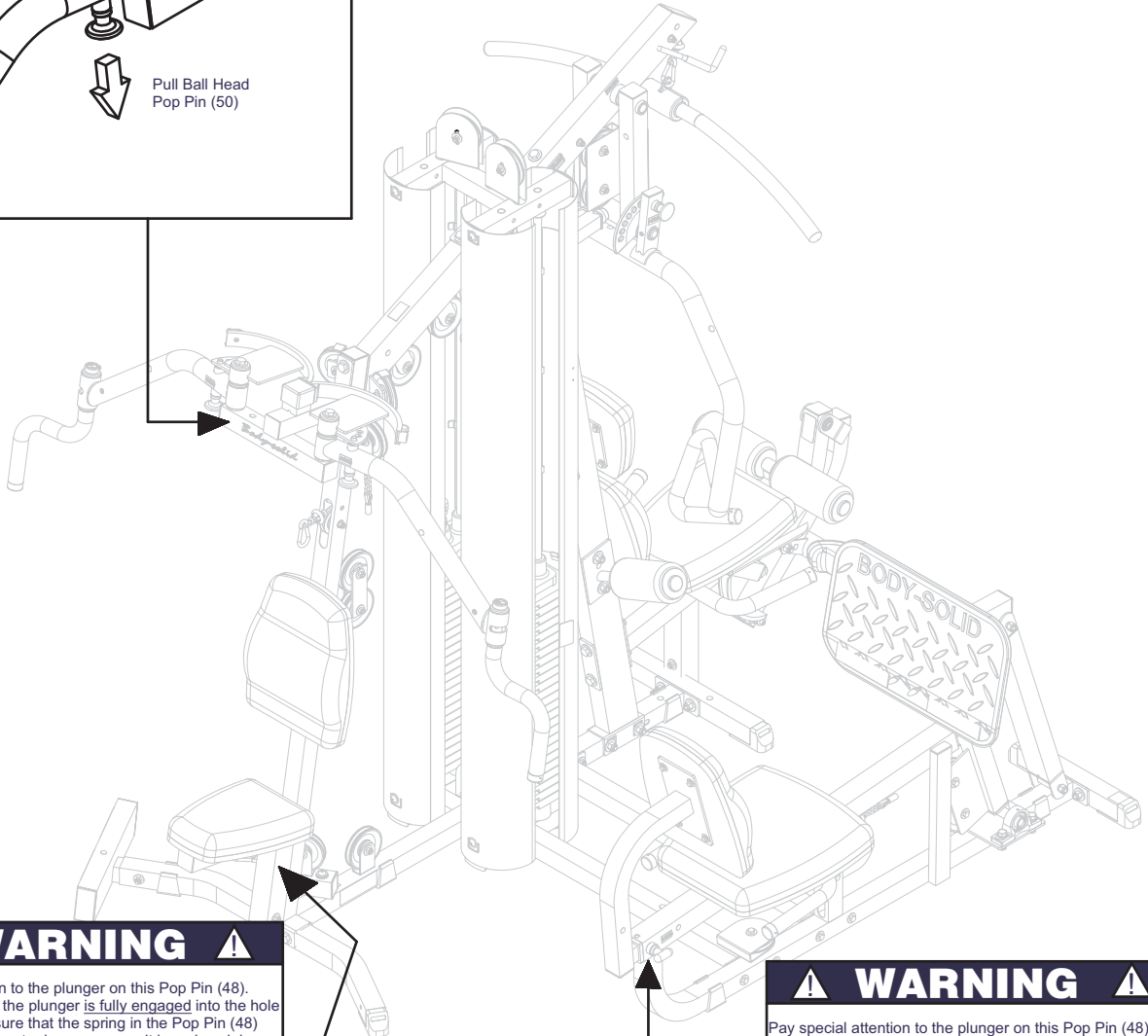
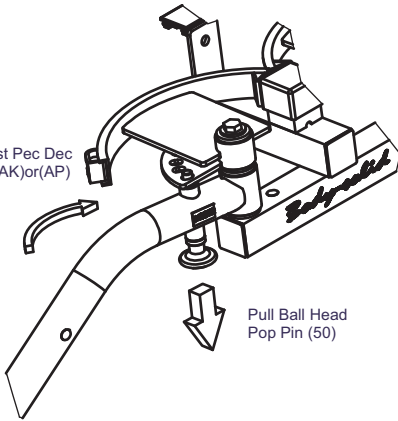
- A. Grasp the Pec Dec Seat Pad (AW).
- B. Turn the T-Shaped Pop Pin (48) counter clockwise to unlock it, then pull to release the Pec Dec Seat.
- C. Adjust the Pec Dec Seat Pad to the desired position.
- D. Release the T-Shaped Pop Pin (48) and make sure that it is fully engaged into the Pec Dec Seat Frame (AV). Turn clockwise to lock it in place.

6. LEG PRESS BACK PAD (BQ) ADJUSTMENT

- A. Grasp the Leg Press Back Pad (BQ).
- B. Turn the T-Shaped Pop Pin (48) counter clockwise to unlock it, then pull to release the the Leg Press Back Pad.
- C. Adjust the Leg Press Back Pad to the desired position.
- D. Release the T-Shaped Pop Pin (48) and make sure that it is fully engaged into the selector hole in the Leg Press Back Pad Frame. Turn clockwise to lock it in place.

4.

Adjust Pec Dec
Arm(AK)or(AP)



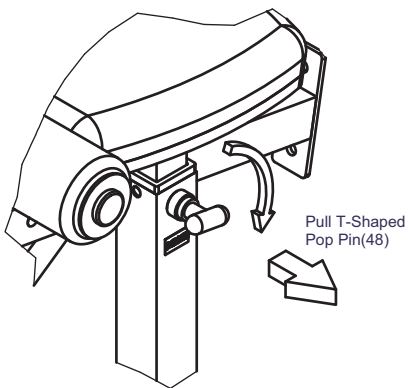
⚠ WARNING ⚠

Pay special attention to the plunger on this Pop Pin (48). Always be sure that the plunger is fully engaged into the hole you select. Also, be sure that the spring in the Pop Pin (48) operates freely. Failure to do so may result in serious injury.

⚠ WARNING ⚠

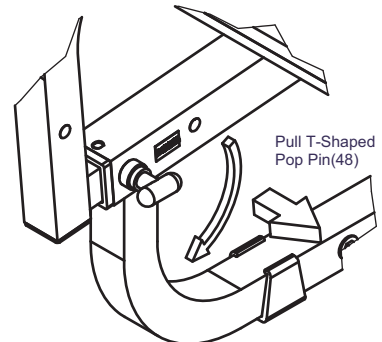
Pay special attention to the plunger on this Pop Pin (48). Always be sure that the plunger is fully engaged into the hole you select. Also, be sure that the spring in the Pop Pin (48) operates freely. Failure to do so may result in serious injury.

5.



Make sure Pop Pin is fully engaged into selector hole, and then turn clockwise to lock it in place.

6.



Make sure Pop Pin is fully engaged into selector hole, and then turn clockwise to lock it in place.

G 9 U P a r t s L i s t

KEY#	QTY	PART#	DESCRIPTION
A	1	E37MBF-A	MAIN BASE FRAME
B	1	E37SBF-B	SIDE BASE FRAME
C	1	E37FBF-C	FRONT BASE FRAME
D	1	E37RBF-D	REAR BASE FRAME
E	1	E37RVF-E	REAR VERTICAL FRAME
F	1	E37FVF-F	FRONT VERTICAL FRAME
G	1	E37TMF-G	TOP MAIN FRAME
H	1	E37PDF-H	PEC DEC FRAME
J	4	E37GR-J	GUIDE ROD
K	1	E37TPF-K	TOP PULLEY FRAME
L	1	E37LEF-L	LEG EXTENSION FRAME
M	1	E37P-M	2"X 6" PLATE
N	1	E37LEA-N	LEG EXTENSION ARM
P	1	E37S-P	2" SHAFT
Q	1	E37LEPH-Q	LEG EXTENSION PAD HOLDER
S	1	E37LESPF-S	LEG EXTENSION SEAT PAD FRAME
T	1	E37HSA-T	HYDRAULIC SEAT ADJUSTER (PRE-INSTALLED)
U	2	E37LEH-U	LEG EXTENSION HANDLES
W	1	E37FRB-W	FOAM ROLLER BAR
X	2	E37LHD-X	LEG HOLD DOWN
Y	1	E37BPH-Y	BACK PAD HOLDER
Z	1	E37BPA-Z	BACK PAD ADJUSTER
ZB	1	E37BPI-ZB	BACK PAD INSERT
AA	1	E37SPAS-AA	SEATED PRESS ARM SUPPORT
AB	1	E37S-AB	9" SHAFT
AC	1	E37SPA-AC	SEATED PRESS ARMS
AD	1	E37S-AD	11 3/4" SHAFT
AK	1	E37LPDA-AK	LEFT PEC DEC ARM
AL	1	E37LPDC-AL	LEFT PEC DEC CAM
AM	1	E37LPDH-AM	LEFT PEC DEC HANDLE
AP	1	E37RPDA-AP	RIGHT PEC DEC ARM
AQ	1	E37RPDC-AQ	RIGHT PEC DEC CAM
AR	1	E37RPDH-AR	RIGHT PEC DEC HANDLE
AU	1	E37HSA-AU	HYDRAULIC SEAT ADJUSTER
AV	1	E37PDSF-AV	PEC DEC SEAT FRAME
AY	1	E37LRF-AY	LOW PULLEY FRAME
AZ	1	E37FB-AZ	FOOT BRACE

Part numbers are required when ordering parts.

G 9 U P a r t s L i s t (c o n t i n u e d)

KEY#	QTY	PART#	DESCRIPTION
BA	1	E37LPC-BA	LEG PRESS CONNECTION
BB	1	E37LPF-BB	LEG PRESS FRAME
BC	1	E37LPF-BC	LEG PRESS FRONT
BD	1	E37LPP-BD	LEG PRESS PIVOT
BE	1	E37FLPP-BE	FRONT LEG PRESS PIVOT
BF	3	E37S-BF	3" SHAFT
BG	1	E37FPTF-BG	FOOT PLATE T-FRAME
BH	2	E37LPH-BH	LEG PRESS HANDLES
BL	2	E37SPF-BL	SEAT PAD FLANGE
BP	1	E37LPBF-BP	LEG PRESS BACK PAD FRAME
BR	1	E37FP-BR	FOOT PLATE

S h r o u d L i s t

KEY#	QTY	PART#	DESCRIPTION
AE	1	E37SPHS-AE	SEATED PRESS HINGE SHROUD
CA	1	E37WSS-CA	WEIGHT STACK SHROUD
CB	1	E37SI-CB	SHROUD INSERT
CC	1	E37WSS-CC	WEIGHT STACK SHROUD
CD	1	E37WSS-CD	WEIGHT STACK SHROUD
CE	1	E37SI-CE	SHROUD INSERT
CF	1	E37WSS-CF	WEIGHT STACK SHROUD

P a d s L i s t

KEY#	QTY	PART#	DESCRIPTION
R	2	E37LP-R	LEG PAD
V	1	E37LESP-V	LEG EXTENSION SEAT PAD
ZA	1	E37UBP-ZA	UPPER BACK PAD
ZC	1	E37LBP-ZC	LOWER BACK PAD
AW	1	E37PDSP-AW	PEC DEC SEAT PAD
AX	1	E37PDBP-AX	PEC DEC BACK PAD
BM	1	E37LPSP-BM	LEG PRESS SEAT PAD
BQ	1	E37LPBP-BQ	LEG PRESS BACK PAD

Part numbers are required when ordering parts.

G 9 U H a r d w a r e L i s t

KEY#	QTY	PART#	DESCRIPTION
1	2	JPIN4.25	WEIGHT STACK PIN 4 1/4" L X 7/16" W
2	1	JSS.5	STEEL SLEEVE 1/2" OD X 5/16" ID X 3/4" L
3	1	JSCH.18	STEEL CHAIN 3/16"
4	2	JSB.75X.5	STEEL BUSHING 3/4" OD X 1/2" ID X 5/16" W
5	6	JPW31	PLASTIC WASHER 3" OD X 1" ID
6	2	JSR25	SELECTOR ROD (25 selector holes)
7	3	JPCG31	PULLEY CABLE GUIDE 3" L X 1" W
8	2	JTP10	TOP PLATE (10 lbs.)
9	2	JBW1.37X1	OILITE WASHER 1 3/8" OD X 1" ID (35mm X 25mm)
10	10	JPS.56X.37	PULLEY SPACER 9/16" OD X 3/8" ID X 5/8" L (15mm X 9mm X 17mm)
12	4	JFOAM48	FOAM ROLLER 4" X 8"
13	5	JPEC22X.56	PLASTIC END CAP 2" X 2" (9/16" THICK)
14	13	JPEC22X.75	PLASTIC END CAP 2" X 2" (3/4" THICK)
15	4	JPEC12	PLASTIC END CAP 1" X 2"
16	2	JPEC24	PLASTIC END CAP 2" X 4"
17	1	JFHC.37	FRAME HOLE CAP 3/8" (round)
18	4	JCREC1	CHROME ROLLER END CAP 1"
19	3	JFC221.8	FOOT CAP 2" X 2" (1.8" THICK)
20	2	JFC222.5	FOOT CAP 2" X 2" (2.5" THICK)
21	2	JPB222	PLASTIC BUSHING 2" X 2" (2" LONG)
22	4	JSC1.37X.75	SHAFT COLLAR 1 3/8" OD 3/4" ID 1.5" L
23	3	JPB226.5	PLASTIC BUSHING 2" X 2" (6 1/2" LONG)
24	2	JBEC2	PLASTIC BALL-END CAP 2"
25	5	JFL22	FRAME LEVELER 2" X 2"
26	26	JPP4.25W.75	PLASTIC PULLEY 4 1/4" X 3/4" WIDE
27	1	JPP3W.62	PLASTIC PULLEY 3" X 5/8" WIDE
28	4	JWSS22	WEIGHT STACK SHIMS 2" X 2"
29	10	JREC1.5	ROUND END CAP 1 1/2"
30	2	JRP2450	RUBBER PAD
31	4	JRD2.25	RUBBER DONUT 2 1/2"
32	1	JSRC22	SQUARE RUBBER CAP 2" X 2"
33	2	JGT5.5	GRIP TAPE 5 1/2" X 3 3/4"
34	2	JPP4.25W.75	PLASTIC PULLEY 4 1/4" X 3/4" WIDE
41	6	JBB.87X.37	OILITE BUSHING 7/8" OD X 3/8" ID (22mm X 11mm leg press)
42	3	JRS1.5	RUBBER STOP 1 1/2"
43	7	JSNAP3	SNAP LINK
45	2	JPBB1LP	PILLOW BLOCK BEARING 1" ID
47	1	JRFP3700	RUBBER FOOT PLATE GUARD-PREINSTALLED
48	3	JTSPP3	T-SHAPED POP PIN 3" L
49	2	JBB.87X.37	OILITE BUSHING 7/8" OD X 3/8" ID (22mm X 11mm leg extension)
50	2	JBHPP5.5	BALL HEAD POP PIN 5.5" L (pec dec)
51	40	JSP10	WEIGHT STACK PLATE 10lbs.
52	2	JSRTB.5	SELECTOR ROD TOP BOLT 1/2" X 2" FULL THREAD
53	2	JSLW.5	SPRING LOCK WASHER 1/2"
54	2	JLN.5	JAM NUT 1/2"
55	4	JWSR4.87	WEIGHT STACK RISERS 4 7/8" L
56	2	JBHPP313	BALL HEAD POP PIN 3 13/16" L (back support)
57	1	JBHPP311	BALL HEAD POP PIN 3 11/16" L (seated press)
59	2	JHEX121FTB	HEX HEAD BOLT 1/2" X 1" FULL THREAD

Part numbers are required when ordering parts.

G 9 U H a r d w a r e (c o n t i n u e d)

KEY#	QTY	PART#	DESCRIPTION
60	1	JHEX.5X5.5PTB	HEX HEAD BOLT 1/2" X 5 1/2" PARTIAL THREAD
61	3	JHEX.5X5.25PTB	HEX HEAD BOLT 1/2" X 5 1/4" PARTIAL THREAD
62	2	JHEX.5X5PTB	HEX HEAD BOLT 1/2" X 5" PARTIAL THREAD
63	1	JHEX.5X3.5PTB	HEX HEAD BOLT 1/2" X 3 1/2" PARTIAL THREAD
64	9	JHEX.5X3.25PTB	HEX HEAD BOLT 1/2" X 3 1/4" PARTIAL THREAD
65	4	JHEX.5X3PTB	HEX HEAD BOLT 1/2" X 3" PARTIAL THREAD
66	4	JHEX.5X1.75FTB	HEX HEAD BOLT 1/2" X 1 3/4" FULL THREAD
70	1	JHEX.37X3.5PTB	HEX HEAD BOLT 3/8" X 3 1/2" PARTIAL THREAD
71	2	JHEX.37X3.25PTB	HEX HEAD BOLT 3/8" X 3 1/4" PARTIAL THREAD
72	4	JHEX.37X3PTB	HEX HEAD BOLT 3/8" X 3" PARTIAL THREAD
73	18	JHEX.37X2.75PTB	HEX HEAD BOLT 3/8" X 2 3/4" PARTIAL THREAD
74	1	JHEX.37X2.5PTB	HEX HEAD BOLT 3/8" X 2 1/2" PARTIAL THREAD
75	2	JHEX.37X2PTB	HEX HEAD BOLT 3/8" X 2" PARTIAL THREAD
76	21	JHEX.37X1.75PTB	HEX HEAD BOLT 3/8" X 1 3/4" PARTIAL THREAD
77	2	JFAH.37X2FTB	FLAT ALLEN HEAD 3/8" X 2" FULL THREAD
78	2	JHEX.37X.87FTB	HEX HEAD BOLT 3/8" X 7/8" FULL THREAD
79	2	JRAH.37X1.25FTB	ROUND ALLEN HEAD M10X30 FULL THREAD
80	2	JHEX.31X5PTB	HEX HEAD BOLT 5/16" X 5" PARTIAL THREAD
81	1	JHEX.31X3.25PTB	HEX HEAD BOLT 5/16" X 3 1/4" PARTIAL THREAD
82	6	JHEX.31X2.75FTB	HEX HEAD BOLT 5/16" X 2 3/4" FULL THREAD
83	10	JHEX.31X1FTB	HEX HEAD BOLT 5/16" X 1" FULL THREAD
84	1	JFAH.31X1.5FTB	FLAT ALLEN HEAD 5/16" X 1 1/2" FULL THREAD
85	4	JFAH.31X.75FTB	FLAT ALLEN HEAD 5/16" X 3/4" FULL THREAD
86	6	JRAH.31X.56FTB	ROUND ALLEN HEAD M8X15L FULL THREAD (8mmX15mm)
87	9	JRAH.37X.62FTB	ROUND ALLEN HEAD M10X16L FULL THREAD (10mmX16mm)
88	14	JAS.31X.31FT	ALLEN SCREW 5/16" X 5/16" FULL THREAD
89	4	JRAH.31X.75FTB	ROUND ALLEN HEAD 5/16" X 3/4" FULL THREAD
90	21	JNLN.5	NYLON LOCK NUT 1/2"
91	50	JNLN.37	NYLON LOCK NUT 3/8"
92	1	JNLN.31	NYLON LOCK NUT 5/16"
93	43	JWFLT.5	WASHER 1/2"
94	90	JWFLT.37	WASHER 3/8"
95	23	JWFLT.31	WASHER 5/16"
96	23	JWSW.31	SPRING LOCK WASHER 5/16"
97	4	JWFLT.31	WASHER M8 (8mm shrouds)
98	9	JWFLT.37	WASHER M10 (10mm shrouds)
99	2	JNLN.37	NYLON LOCK NUT M10
100	2	JWSW.375	SPRING LOCK WASHER 3/8"
101	4	JAS.19X.19	ALLEN SCREW 3/16" X 3/16" -PREINSTALLED
102	2	JCEC1.37X1	CHROME END CAP 1 3/8"OD X 1"ID X 3/4"L- PREINSTALLED
103	2	JRR1.5X1.25	RETAINING RING 1 1/2" OD X 1 1/4"ID (leg ext)-PREINSTALLED
104	2	JBB1.75X1	OILITE BUSHING 1 3/4"OD 1"ID - PREINSTALLED (seated press)
105	2	JBB.87x.62	OILITE BUSHING 7/8"OD 5/8"ID - PREINSTALLED (low row)
106	2	JCC1.43X1	CHROME COLLAR 1 7/16" OD X 1" ID
107	12	JBB1.75X1	OILITE BUSHING 1 3/4"OD 1"ID - PREINSTALLED (pec dec)
108	2	JACN.19	ACORN CAP NUT 3/16" ID - PREINSTALLED
112	2	JHEX.37X1FTB	HEX HEAD BOLT M10X25L FULL THREAD (adjustment bolt)
113	2	JLN.37	LOCK NUT M10
114	2	JSB1.75X1	STEEL BUSHING 1 3/4"OD 1" ID - PREINSTALLED (seated press)
115	2	JRR1.75X1.5	RETAINING RING - 1 3/4"OD 1" ID -PREINSTALLED (seated press)
135	2	JCES	CABLE END SHAFT 3/4" L
136	2	JAS	ALLEN SCREW M4X8L (4mm X 8mm)
137	2	JPP4.25W1	PLASTIC PULLEY 4 1/4" X 1" WIDE

Part numbers are required when ordering parts.

C a b l e L i s t

KEY#	QTY	PART#	DESCRIPTION
34	1	JLPC4300	LEG PRESS CABLE 4300 mm(14'1")
35	1	JLRC4425	LOW PULLEY CABLE 4425 mm(14' 6")
36	1	JLPC4170	LAT PULLDOWN CABLE 4170mm(13' 8")
37	1	JLEC2635	LEG EXTENSION CABLE 2635 mm(8' 7")
38	1	JPDC1890	PEC DEC CABLE 1890 mm(6' 2 1/2")
39	1	JACC1545	AB CRUNCH CABLE 1545 mm(5' 1")
40	1	JSC520	SHORT CABLE 520 mm(1' 8 1/2")

P u l l e y H o l d e r L i s t

KEY#	QTY	PART#	DESCRIPTION
130	1	JE37DPH	DOUBLE PULLEY HOLDER
131	1	JE37PDPH	PEC DEC PULLEY HOLDER
132	2	JE37PP	PULLEY PLATE
133	1	JE37PHWH	PULLEY HOLDER WITH HOOK

A c c e s s o r i e s L i s t

KEY#	QTY	PART#	DESCRIPTION
120	1	JE37LB	LAT BAR
121	1	JE37LRB	LOW ROW BAR
122	1	JE37AS	ANKLE STRAP
123	1	JE37ACH	AB CRUNCH HARNESS
124	2	JFG18	FOAM GRIP 1 1/2" OD X 18" L -PREINSTALLED
125	2	JFG8.37	FOAM GRIP 1 1/2" OD X 8 3/8" L -PREINSTALLED
126	2	JFG17.25	FOAM GRIP 1 1/2" OD X 17 1/4" L -PREINSTALLED
127	2	JFG24	FOAM GRIP 1 1/2" OD X 24" L -PREINSTALLED
128	4	JFG17	FOAM GRIP 1 1/2" OD X 17" L -PREINSTALLED
POSTER	1	EXM3700POSTER	WORK OUT POSTER
PAINT	1	TUP-G	TOUCH UP PAINT - GRAY

Part numbers are required when ordering parts.

O b t a i n i n g S e r v i c e

Please retain this Owner's Manual for future reference. When ordering parts you must use the part number and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For more information about product operation or service, check out the official Body-Solid website at www.bodysolid.com or contact an authorized Body-Solid dealer or a Body-Solid factory authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3598
E-mail: service@bodysolid.com

Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Ordering replacement parts

When ordering replacement parts, please have the following information available:

1. Model number: G9U
2. Date of purchase: _____
3. Name of dealer: _____

4. Dealer location: _____

5. Part numbers (see pages 90-94): _____

6. Description of part: _____

O b t a i n i n g S e r v i c e

Please retain this Owner's Manual for future reference. When ordering parts you must use the part number and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For more information about product operation or service, check out the official Body-Solid website at www.bodysolid.com or contact an authorized Body-Solid dealer or a Body-Solid factory authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3598
E-mail: service@bodysolid.com

Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

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2. Date of purchase: _____
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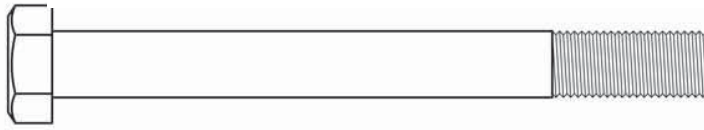
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5. Part numbers (see pages 90-94): _____

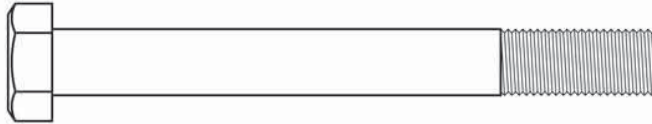
6. Description of part: _____

G 9 U H A R D W A R E

(s h o w n i n a c t u a l s i z e)



<70> HEX BOLT 3/8" X 3 1/2" PARTIAL THREAD QTY.1



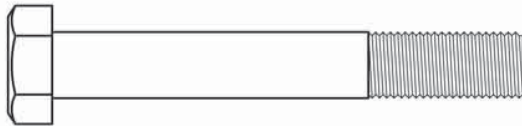
<71> HEX BOLT 3/8" X 3 1/4" PARTIAL THREAD QTY.2



<72> HEX BOLT 3/8" X 3" PARTIAL THREAD QTY.3



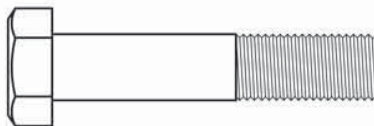
<73> HEX BOLT 3/8" X 2 3/4" PARTIAL THREAD QTY.18



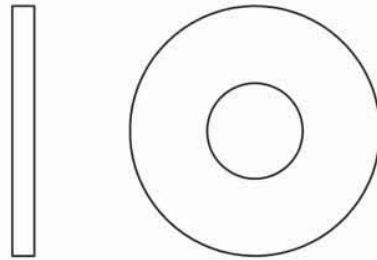
<74> HEX BOLT 3/8" X 2 1/2" PARTIAL THREAD QTY.1



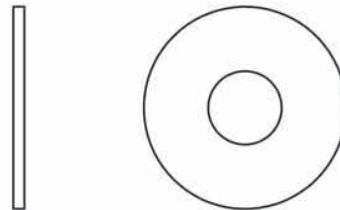
<75> HEX BOLT 3/8" X 2" PARTIAL THREAD QTY.2



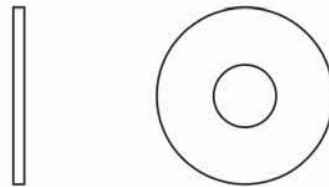
<76> HEX BOLT 3/8" X 1 3/4" PARTIAL THREAD QTY.21



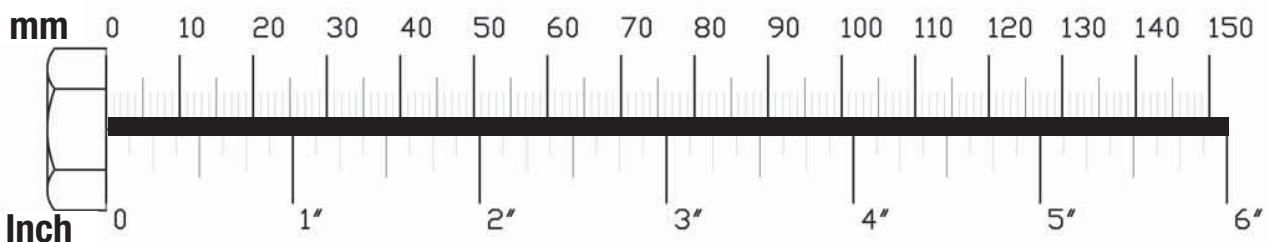
<93> FLAT WASHER 1/2" X 34mm QTY. 43



<94> FLAT WASHER 3/8" QTY. 90

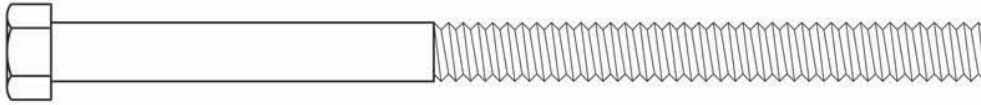


<95> FLAT WASHER 5/16" QTY. 23

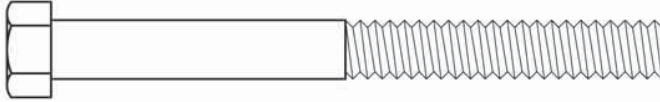


G 9 U HARDWARE

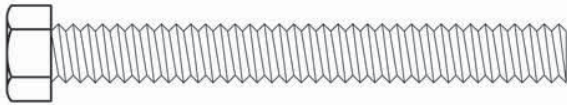
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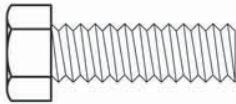
<80> HEX BOLT 5/16" X 5" PARTIAL THREAD QTY. 2



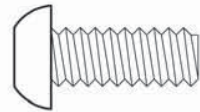
<81> HEX BOLT 5/16" X 3 1/4" PARTIAL THREAD QTY. 1



<82> HEX BOLT 5/16" X 1" FULL THREAD QTY. 6



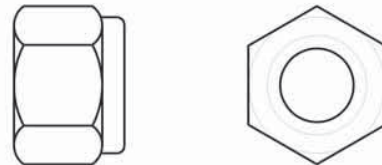
<83> HEX BOLT 5/16" X 1" FULL THREAD QTY. 10



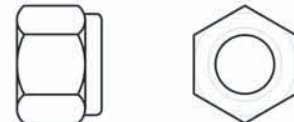
<89> ROUND ALLEN HEAD 5/16" X 3/4" FULL THREAD BOLT QTY. 4



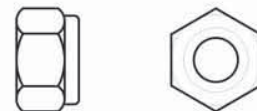
<96> SPRING LOCK WASHER 5/16" QTY. 23



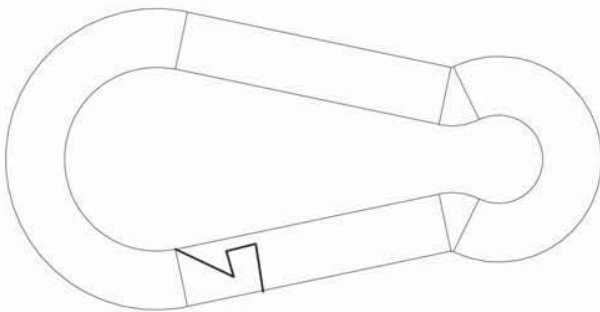
<90> NYLON LOCK NUT 1/2" QTY. 21



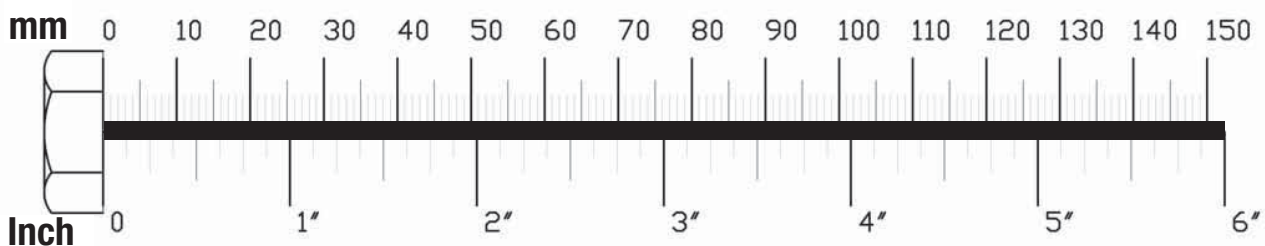
<91> NYLON LOCK NUT 3/8" QTY. 50



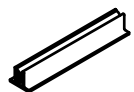
<92> NYLON LOCK NUT 5/16" QTY. 1



<43> QUICK RELEASE SNAP LINK QTY. 7

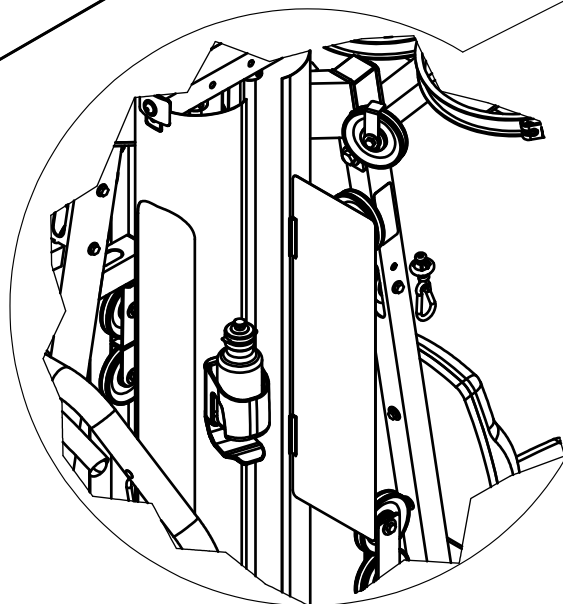
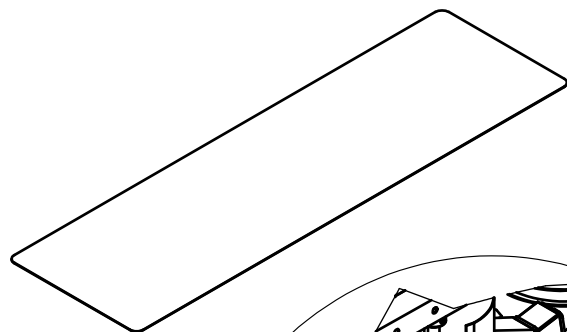


*1[2PCS]
9219-012
Panel Holder

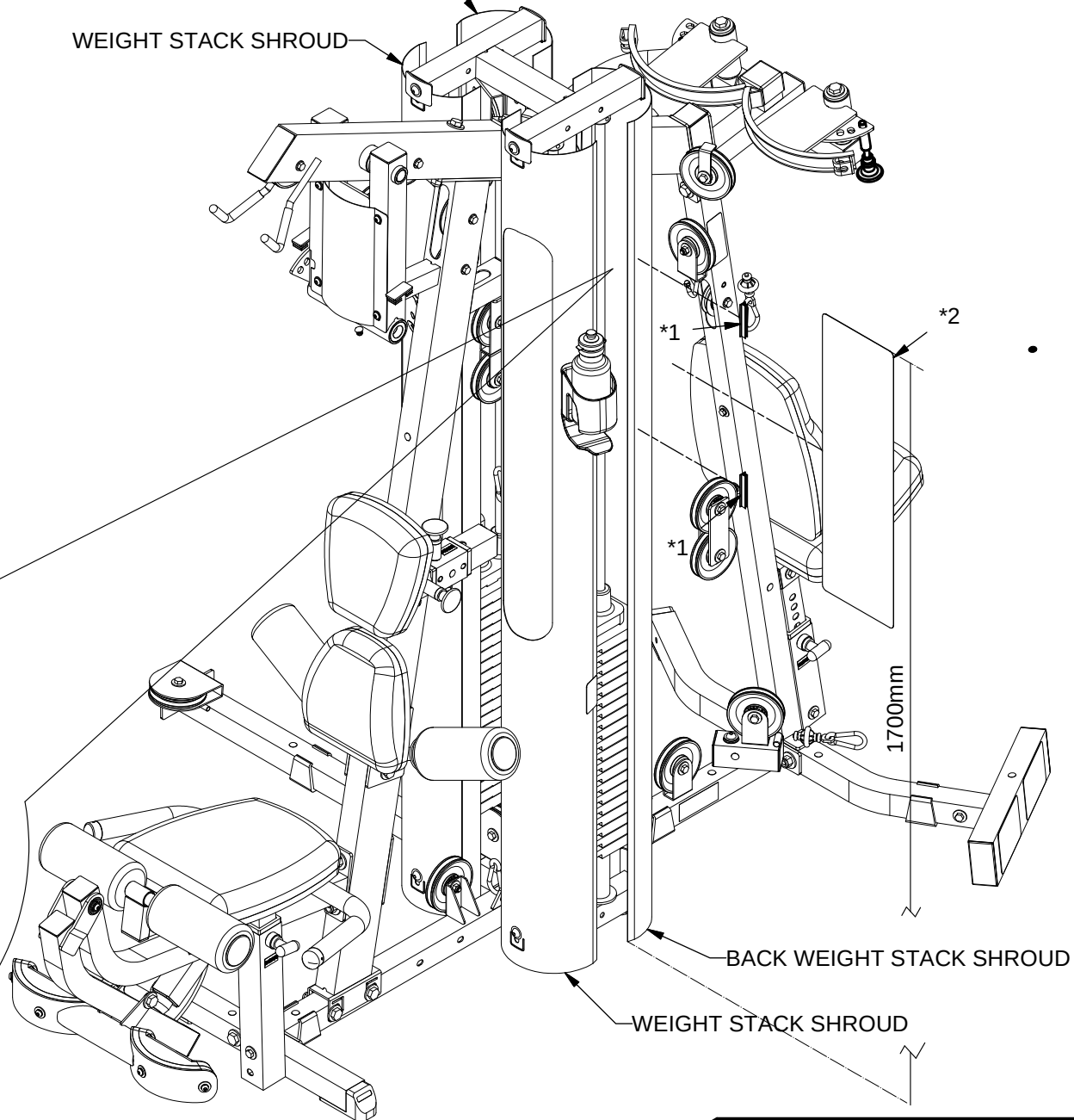


*2[1PCS]
9440-158
Exercise Panel

#Assemble onto the back shroud



BACK WEIGHT STACK SHROUD
WEIGHT STACK SHROUD



EXPLODED VIEW DIAGRAM G9U